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EDICAL FACTS *You* SHOULD KNOW

BY
ELLIOTT KIBLINGER, M.D.
MOREAUVILLE, LOUISIANA.

The first wealth is health. Sickness is poor-sighted and cannot serve anyone; it must husband its resources to live. But health answers its own ends, and has to spare; runs over and inundates the neighborhoods and creeks of other men's necessities.

—*Emerson.*

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Medical Facts You Should Know

BY

ELLIOTT KIBLINGER, M. D.

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MOREAUVILLE, LOUISIANA

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no 1.

DEDICATED TO MY MOTHER

MRS. ANN ELIZABETH KIBLINGER,

AS SHE IS TO ME THE NOBLEST LAYMAN OF THEM ALL

BY THE AUTHOR

PREFACE

This book is offered to the public with confidence that the field it covers has not heretofore been covered, and in the interest of the public it should be covered. I have been impressed for a number of years with the necessity of such a work. In the daily rounds of my professional life, I have been appalled at the ignorance which exists on medical subjects among the publc. I have also been surprised at the gullibility of the public in having more faith in a patent medicine, as to the contents of which they know nothing, in preference to using preparations of known ingredients.

Every physician knows that it is not the most capable and best equipped physician who controls the largest practice, but that the public generally employs the cunning, shrewd, unscrupulous doctor, the doctor who is a good mixer, and who does not hesitate to forward his interests by lies, and what is commonly known as hot air.

Believing the time has arrived when the public should be awakened from their lethargy and encouraged to think for themselves, this book is written in the hopes that it will open your eyes on some subjects at least.

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INTRODUCTION

The author of this book has believed for years that the layman should possess knowledge, which, at present, is available only to the physician, and which can be obtained only by years of service at medical colleges, and with an outlay of thousands of dollars. It is not wise that any certain set of men should possess a monopoly on any science. Following out his convictions as above outlined, he has undertaken to impart the facts he believes the layman should know in this volume. The above convictions have been a gradual growth, the result of fifteen years in the active practice of medicine, also of observation. The result is, this volume **written by a physician for the layman.**

This work is not intended to supplant one's family physician when he desires one, but the author believes that the facts herein given will enable him to select one with intelligence and confidence.

The author believes that every head of a family should have a sufficient amount of medical knowledge to enable him to intelli-

gently look after the health of himself and his family; to know what to do in emergencies; to know what to do in all minor ailments; to know how to select a capable physician when he decides to employ one, and, lastly, to enable him to treat successfully himself those many chronic diseases, which, as a rule, the average physician fails to cure, but which cost the pubic millions of dollars annually in the purchase of patent medicines. He has no remedies for sale; he has no new theories to exploit. The facts and formulas herein given are the result of years of experience; the selection of the best from hundreds of medical authorities; a digest of the data gradually gotten together by the author within the past fifteen years. Some of the methods of treatment herein given, when first introduced, sold for ten or more dollars. Some of the remedies, the formulas of which are given, have made fortunes for their exploiters. Some of the knowledge you will gain by studying this volume may be the cause of your finding health, which you may have despaired of ever regaining. Some of the courses of treatment outlined in this volume have been the means of restoring thousands of invalids to health after they had spent hundreds of dollars with physicians to no avail.

Subjects are discussed and treatments outlined for conditions which the general practitioners of medicine appear to ignore.

Special treatments are outlined with directions so plainly written that they can be intelligently administered at home, which, if applied under a physician, or at a sanitarium, would cost the patient hundreds of dollars. It is your privilege, as well as your duty, to have knowledge such as this volume contains.

I do not know why the practice of medicine should be left shrouded in mystery. I do not know why the sick should be compelled to swallow a lot of drugs on a physician's advice without being told what they are taking and why. I do not know why the average physician practices "looking wise and saying nothing" except it be to hide his ignorance, or continue a custom of mystery and occultism practiced by their ancestors when the healing art was a part of the function of the priesthood. But this is an age in which knowledge is being disseminated, and medicine, like theology, must give way to reason and light.

When one purchases an automobile, or any other machine, the first thing he does is to study its mechanism and learn how to keep it in order. How much more important is your body, your health? I admit it is a more intricate machine, but its functions can be

understood, and your health can be safeguarded, and diseases prevented and cured if you will go to the same trouble to learn how as you would in the case of the automobile. In this volume I shall also give the facts as I have observed them as pertains to surgery. It is the author's belief that if the laity knew the number of people who are annually subjected to useless surgical operations, it would probably cause a revulsion of sentiment which would produce a too lengthy swing of the pendulum in the opposite direction. It is a plethoric condition of many pocket books for which the surgeon opens the abdomen, and not always an inflamed appendix, which the unfortunate patient is led to believe. The average young physician aspires to be a surgeon, because it is spectacular; because the fees are better and his reputation can be established more rapidly among an ignorant and custom ridden public than if he confines his efforts to medicine alone. How many men are there practicing medicine who are incompetent? Under the plea of a scientific diagnosis, how many women and young girls are subjected to undue handling and exposure of their person by physicians? I do not desire to overdraw the picture, for it is also a fact that we have thousands of conscientious men in our profession, men above reproach, men upon whom you can depend.

But can you, without advice, pick them out?

From the above suggestions you readily see how important it is that you acquire some knowledge of medicine. All things you daily have need for you ought to have some knowledge of. Knowledge makes for honesty; knowledge protects you from imposition. If you study the mechanism of your car, why do you permit a more intricate and delicate machine, your body, to be ignored? Why depend entirely on your physician to keep its machinery in order while he, in turn, in order to earn the maximum amount of cash when consulted, names your troubles in a dead language and gives you a prescription in Latin to keep you in ignorance and foster that mighty mystery, which at this stage of the world's history, should be forever banished.

By referring to the contents of this volume you can readily see the scope of the work, and the importance of the subject. The author hopes it will encourage in you a desire for knowledge, the usefulness of which you cannot gainsay.

Believing the facts herein given will prove of inestimable value to the reader, I am,

Yours sincerely,

Elliott Kiblinger, M. D.

MEDICAL FACTS YOU SHOULD KNOW.

CHAPTER I.

PERSONAL HYGIENE.

The Teeth. Mouth breathers, besides suffering from some asymmetry of the face, also suffer from the accumulation of organic matter on the teeth, which favors the destruction of the dentine. Therefore it is a parent's duty to see to it that their children are not allowed to sleep with their mouths open. Also see to it that the child does not acquire the habit of sucking its thumb.

In those who do not wash their teeth regularly we find that they suffer from a catarrhal irritation of the gums which finally causes a recession and exposure of the root, which is not protected by enamel.

But the disease most dreaded by both the laity and dentist is known as pyorrhea alveolaris, or Rigg's disease, until recently an incurable malady. This disease was once the bugbear of the dentist, but a specific has been found and its cure now is easy. The treat-

ment is as simple as it is effective. It consists in the taking internally of ipecac and the use of same locally on the teeth.

It will not be many months before the best tooth pastes will contain ipecac, for just as soon as this great discovery becomes generally known by those who are marketing such articles, they will add ipecac and probably advertise the fact.

Care of the Teeth. The care of the teeth resolves itself into keeping the teeth clean by frequent use of the brush, and the use of a good tooth paste, preferably one that contains some ipecac.

Every other day the use of prepared chalk will be found beneficial for its grinding effect, which keeps the teeth white and clean and gives them a polish. Below is given a formula for the making of a good tooth paste.

Rx. No. 1.
Powdered ipecac—drams 1.
Precipitated chalk—ounces 16.
Powdered orris root—ounces 3.
Powdered cuttle bone—ounces 1.
Magnesium carbonate—ounces ½.
Oil wintergreen—drops 10.
Oil peppermint—drops 10.
Menthol—scruples 1. Mix the above.

This formula contains the ipecac, which prevents the dread Rigg's disease, the cuttle

bone and chalk are for their polishing effect, the orris root and magnesia is added to reduce the grinding effect of the cuttle bone, the oils are for their flavoring and fragrance, and the menthol for its antiseptic properties.

Whenever a cavity is discovered it should be filled at once by a dentist.

SKIN.

The skin is intimately connected with the internal organs through the blood supply and nervous system. Therefore it is essential to health that the skin be kept clean. Bathing acts as a powerful nervine. It equalizes the circulation by bringing the blood to the surface. The cold bath acts as a powerful stimulant, and the proper time to take a cold bath is in the morning.

The Allen Manufacturing Company, of Toledo Ohio, have placed on the market an apparatus with which one can take a cold bath, a shower bath or a hot bath. Write to them and get their descriptive literature and prices. It is, in fact, a poor man's bath.

A cold bath causes at first a contraction of the minute blood vessels in the skin, driving the blood to the internal organs to be followed within a quarter of an hour by a dilatation of the vessels of the skin which lessens the amount of blood to the internal organs.

If a cold bath habit is desired it is best to

begin during the summer so as to have time in which to grow used to it before winter arrives. The most invigorating way to take a cold bath is by means of the shower. Those who are in the habit of taking a cold bath in the morning seldom catch cold.

The warm bath is generally taken upon retiring on account of its soothing effect on the nervous system and it also produces a desire to sleep. A very hot bath should not be taken except for some special purpose.

In view of the fact that the skin secretes a grease it is essential in order to maintain cleanliness to use soap. A good soap should contain nearly equal parts of fat and an alkali. Most cheap soaps on the market contain silica which increas its bulk.

FRECKLES.

Below I give you what in my experience has proven the best formula for the removal of freckles.

Rx. No. 2.
Mercuric chloride—grains 5.
Hydrochloric acid—drops 100.
Bitter Almonds—drams 5.
Glycerine—drams 3.
Tinct. benzoin—drams 1.
Orange flower water enough to make ounces 8. Mix.

Directions. **Poison. For external use.** Apply with soft cloth once daily.

To make a good cold cream prepare the following:

Rx. No. 3.
Spermaceti—ounces 1.
White wax—ounces 1.
Castor oil—ounces 6.
Sweet almond oil—ounces 3.
Rose water—ounces 3.
Borax—grains 30.
Oil of rose—drops 10.

To prepare a toilet cream, make up the following:

Rx. No. 4.
Quince seed—ounces ¼.
Glycerine—ounces 4.
Powdered Borax—drams 2½.
Water—ounces 27.
Cologne water—ounces 2.
Directions for mixing: Heat water to boiling point, add the seed and macerate four hours, stirring often, then strain and add glycerine and borax.

HAIR.

The cause of falling out of hair is generally due to poor circulation in the scalp or dandruff. We overcome the first by massage

and stimulating hair tonics. To rid your head of dandruff, keep the scalp clean by frequent washing and use a stiff brush with vigor, after which use the following hair tonic.

For formula see article on baldness.

Rx. No. 39.

THE NAILS.

The nails are kept in a healthy condition by following these simple directions. Press back once or twice a week that portion of skin which overhangs the roots of the nails. 2nd. Never scrape the nails. 3rd. Remove all stains by the use of a solution of oxalic acid. 4th. The nails should be polished as required by using some good nail polish. (See formula for nail polish in chapter on the diseases of women, Rx. No. 68.)

EYES.

A simple eye wash may be made by dissolving some boric acid in boiled water. Use as much acid as the water will dissolve.

CHAPTER II.

GENERAL DIRECTIONS IN THE NURSING OF ACUTE DISEASES.

Deportment. In the sick room you must always be quiet, firm; of an even temper and cheerful.

Provide yourself with a thermometer, a fountain syringe, a package of absorbent cotton, a fever chart, and some antiseptic (carbolic acid, or antiseptic tablets of bichloride of mercury). All of the above may be purchased at any drug store for a small amount.

The temperature of the patient should be taken every four hours, except if the patient should be asleep, and written down on the fever chart, which should also state the hour that the temperature was taken.

A record should be kept of the bowel movement, action of the kidney, when nourishment was given and the kind, the rate of the pulse, and in fact you should keep a complete record of the patient's condition.

As for high fever do not hesitate to use cold water, either as a sponge bath; cold to head or an ice bag may be applied.

Alcohol, a pint to a gallon of water, used as a sponge bath, will readily bring the temperature down.

For the bowels, an enema of warm water, to which has been added either a tablespoonful of glycerine or epsom salts, will usually produce results.

As a rule, nourishment should be given every three hours. It should consist of broths, egg whites, soups, ices, etc. And do not depend upon beef and brandy in bottles. Such preparations contain too much alcohol and hardly any nutriment. The expense is out of proportion to the nourishment it contains.

Always after handling an infectious case, make it a rule to wash your hands in an antiseptic solution. A teaspoonful of liquid carbolic acid to a bowl of water makes a good and inexpensive antiseptic.

The excretions from the patient should be immediately emptied and the bed pan washed out in an antiseptic solution. In rural districts a practical method for the disposal of excreta is to dig a deep hole (four feet) removed from the dwelling, and not in the garden either, and every time the bed pan is emptied into the hole a shovelful of lime should be thrown in, or in case it is impossible to secure lime, ashes or dry dirt may be used. Be sure to cover the excreta thorough-

ly, otherwise flies may light on it and bring the infectious material back into the house and infect your food. The spoons, glasses, etc., should, when not in use, be kept submerged in water. This is simple to do and it prevents flies from lighting on the spoon and disseminating infectious material throughout the house.

CHAPTER III.

THE REST CURE, WITH PASSIVE EXERCISE AND INCREASED FEEDING.

Some years ago, Dr. S. Weir Mitchell, that noted specialist on nervous diseases, devised a treatment for neurasthenics which revolutionized all former treatments as regards its methods and effects.

His observations led him to believe that the cause of their nervousness was that they expended more energy daily than they generated. Therefore, instead of prescribing for such patients, tonics, nervines and other drugs, he placed the patients in bed at absolute rest and kept them there for a period varying from one to two weeks. Now, in order that those patients should receive the necessary exercise to maintain healthy body function he had the patients massaged daily. Another very essential thing needed to effect a cure, he found out, was that these patients were all so nervous and run down that they could not eat enough, or did not eat enough, to maintain their health and strength. He overcame that by forced feeding. Therefore,

the entire treatment as devised by him afforded rest, exercise and food. Rest the patients received by being confined in bed. Exercise the patient received by the massage, and nourishment was administered by an abundance of food. Such wonderful results were obtained that he published his observations to the medical profession. After that Dr. Playfair, of London, a noted obstetrician and author, tried the new treatment as outlined by Dr. Mitchell on some wealthy women of his clientele. The results he obtained were so remarkable that he published a small book giving case records and results. It was through the latter's work that my attention was called to this new treatment for run-down, nervous women. During the next four or five years I had occasion to apply the treatment in my practice a number of times, and as I got the same amazing results, I am naturally very enthusiastic regarding it.

The treatment is indicated in all of those women who are irritable, excessively nervous, morose, painful, and those who are suffering from flatulency, indigestion, palpitation of the heart and also those who are easily upset.

The following cases are given in which I have used this treatment and which have been taken from my records without any special selection to show you the type of case in

which the treatment will do the most good. Case 1. S. L. Male, age 32 years, single, occupation, clerk. Reported to me for treatment, complaining of the following symptoms: He had had LaGrippe two years ago, which left him very nervous. For the past year he could not bear to hear any one walk heavy on the floor. He had lost all control over his emotions, and was compelled to resign his position as clerk on account of lack of self control. He stated to me that while talking to anyone in any ordinary conversation, he would without cause begin to weep. I put this patient to bed and secured a strong, healthy negro as a nurse and to do the rubbing. I instructed the nurse to apply olive oil to the skin, and beginning at the feet, to massage the patient over the entire body. The muscles of the legs and back were to be thoroughly rubbed and kneaded, the operation to last at first for thirty minutes. As the treatment progressed the time consumed was to be lengthened ten minutes a day until the time required reached one hour. After the massage the patient was to be allowed to sleep one hour, after which he was to have a bath. Now, I do not give these patients any drugs, but I order that they be given a pint of milk every two hours in the day, in which has been added the white of one egg. Besides the above the patient is to have his three

regular meals of fruit, vegetables and meat. The massage gives all the muscles of the body thorough exercise without any exertion on their part, which permits them to store up energy. The rubbing also has the effect of opening up the pores of the skin and producing perfect elimination of all effete material in the system, which is the secret of their ability to consume and assimilate such large quantities of food with relish. In the above case ten days produced a complete cure. He again took up his position in the store and some time afterward wrote me he was perfectly well.

Case 2. B. D. Female, age, 25 years, reports for treatment suffering with the following symptoms: Weaknes, headaches, sallow color, irritable and nervous; during her menses she suffered intense pain, was morose and she told me that she spent three-fourths of her time in bed, as she felt too weak to stand up. Two weeks of rubbing and feeding as above outlined produced a cure. The only other treatment this patient received was injections of warm water as described in the chapter entitled The Enema, or Elimination Treatment.

Now, I have the records of scores of such cases, but to record more would be but a repetition both of the symptoms the patients

complained of and the results obtained with this method of treatment.

I know of many women who take a course of this treatment every year and they claim that it rejuvenates them and gives them a new lease on life. That the treatment may be administered by any one at their own home without any outside help, I offer the following directions, which, should you decide to take the treatment, it would be necessary for you to study carefully and follow explicitly. Select a hard bed in a well ventilated room. Secure an old blanket and a gallon of olive oil or cotton seed oil, and arrange to have an abundance of milk, eggs and a liberal general diet. The next point is to select a cheerful and strong nurse, one who can administer the rubbing. Give for the first few days only one rub a day, preferably at bed time. These rubs need not last over thirty minutes each.

After the first few days give a rub both night and morning, prolonging the time ten minutes per day until each rub lasts one hour.

After placing the patient on the blanket, which serves both as a protection to the bed and also as a cover for the patient, apply the oil; then manipulate the joints of the toes. Repeat the operation for the feet and then the ankles. When you reach the muscles of

the leg they must be kneaded just as you would if you were making up bread. The knee must be repeatedly bent to and fro and the entire joint manipulated thoroughly. The abdominal muscles must be manipulated but not kneaded like the leg muscles on account of the internal abdominal organs. After going over the chest and back, six or more passes must be made from the top to the end of the spine. Then will come the neck muscles which must be pinched and rubbed. The arms are to receive the same treatment as did the legs. After the rub is finished the patient must be given a pint of milk and allowed to rest and probably sleep. After this, give the patient a warm bath, after which more nourishment may be given. Should the bowels become costive depend upon high rectal injections of warm water and urge the patient to retain as much of the water as possible. The above course of treatment must be repeated daily. In a week you will be surprised at the results. In extreme cases absolute confinement in bed must be insisted upon throughout the course of the treatment. In less severe cases it is not necessary that the patient be so restricted as to rest, but may be permitted to remain out of bed most of the day. This treatment will overcome insomnia; will impart a freshness and vigor to any one.

CHAPTER IV.

THE ENEMA OR THE ELIMINATION TREATMENT.

Some years ago the medical profession was subjected to an advertising campaign in the interest of what was called a new discovery, a discovery that would effectually cure every disease and prolong the life of the individual indefinitely. This form of treatment was based on the theory that the large intestine was the sewerage system of the human body and that all diseases were caused by accumulations in the larger bowels and the absorption of toxins or poisons by the blood from the mass of accumulations. Since that time the treatment has been advertised to the laity. I remember when practically every head of a family in the town in which I was raised purchased a copy of the pamphlet and paid $10 for same. Within the next thirty days there were innumerable cures of all sorts of chronic cases reported throughout the community by its enthusiastic users. As the treatment has great merit and really is founded on a correct and scientific basis it

is given here, together with advice as to just what cases it is to be used in.

What the treatment consists of. This treatment is simply the injection of from one to one and one-half gallons of water into the bowels, that is to say, first the patient is instructed to inject a gallon of water into the colon and to knead the abdomen, and to retain the water a few minutes, and to then go to stool. After all of the first injection has been passed to take a second injection or nearly as much water and retain that as long as possible. Some patients succeed in retaining it until it is absorbed by the blood and is eliminated by the skin and kidneys.

You can readily see that such a treatment, besides cleaning out the bowels, also flushes out the kidneys and skin. Upon taking the treatment you will be surprised at the quantity of poisonous material that will go away. This treatment is to be repeated once every day. The large intestine contains both longitudinal and circular muscular fibers which cause the gut to take the form and shape of pockets. This injection treatment by the large amount of water used puts those constrictions between the pockets on the stretch and bellows out the gut, allowing the fecal matter to be dislodged and to pass on down to the rectum. This form of treatment has the endorsement of many physicians of note. It

can be carried out at your own home without the co-operation or advice of a physician, and without the slightest danger. One month's treatment will cause even a healthy person to feel much better.

I have had occasion to use it in hundreds of cases in my practice and it gave me perfect satisfaction in every case. The indications for its use are as follows:

Intestinal indigestion, bad breath, headache, sallow skin, tired feeling, constipation, lassitude, capricious appetite, flatulency, which by pressure on the heart may cause palpitation of the heart. Diarrhea, alternating with constipation, is always due to chronic constipation, the diarrhea being nature's effort to dislodge the mass and produce a cure.

A few cases of epilepsy have been cured by this treatment.

Below are given a few cases occurring in my own practice on which I used this treatment with success:

Miss Z. T., Seamstress, age 24, has suffered for the past six years with fits. She would without warning, fall unconscious, which lasted only a short period, and she had frequent headaches, sallow skin, easily tired, never felt healthy, capricious appetite and constipation. The quantity of fecal matter gotten by repeated rectal injections of a gal-

lon of warm water was enormous. This patient completely recovered within three weeks, and, above all, she continues to be well, three years having elapsed since the treatment was given.

Case 2. This patient, a young lady, consulted me regarding her condition and claimed she had given up all hopes of ever being cured as she had tried a score of physicians to no avail. She complained of dizziness, headache, pimples on her cheeks, languor, nervousness, sour stomach, etc. She had been constipated all her life. One month's treatment produced a complete cure. At first it was hard to convince the patient that she was to get well without taking any medicine. But after the treatment was explained to her she undertook it and now she believes enemas will cure any disease.

CHAPTER V.

DRUG ADDICTIONS: WHISKEY HABIT.

Among physicians, drug addicts are generally looked upon as people who are sick, that is to say, inebriety is considered a disease, just as typhoid fever or measles is a disease. That being true, instead of scolding an inebriate, he should be shown its evil effects and persuaded to submit to treatment. He should be told to what intemperance leads, financial ruin, the weakening of his will power and moral depravity. He should not be asked to quit unaided. He can no more quit than he could quit having fever were he stricken with typhoid. But with the patient's desire to get well, with his co-operation, **he can be cured.** If a nurse or any one who has firmness, can be secured to nurse the patient, the treatment outlined in this chapter will effect a disgust for the drug and produce a cure within several days. This treatment can be carried out in the patient's own home without the aid of a physician, but it would be well to consult your physician, as the treatment sometimes produces a slight and temporary delirium, which however is per-

fectly free from any danger, only it may frighten some other member of the family, who may be of a nervous disposition. Too often a person acquires the habit through employing an ignorant physician, who will administer an hypodermic of morphine in order to relieve his patient rapidly and save time for himself.

Treatment. After securing the patient's consent to take the treatment, and instilling into him an enthusiasm and ambition to be rid of his pernicious habit, and after selecting one member of the family or a neighbor who is possessed with a strong character, as nurse, administer two compound cathartic pills and clean out the intestinal canal. Have your druggist fill the following prescriptions:

Rx. No. 5.
One tube of sulphate strichnine 1-50 grain (hypodermic tablets).

Rx. No. 6.
Fluid extract of ergot—ozs. 2.

Rx. No. 7.
Morphine sulph.—grains 1.
Chloral hydrate—drams 5.
Tr. Hyoscamous—ozs. 1.
Tr. Capsicum—drams 1.
Aqua, enough to make—ozs. 4. M.

Rx. No. 8.
Strichnine Sulph.—Grains ½.
Tr. Capsicum—Dram. 1.
Tr. Cnchona—ozs. 1.
Tr. Ginger—ozs. 1. M.

Do not wait for the effect of the cathartic, but begin with the strichnine tablets and give one every four hours (six doses a day).

Of the ergot give one-half teaspoonful three times a day.

Of the morphine and chloral solution give one teaspoonful every two to six hours night and day according to the following directions.

You must aim to administer enough of this prescription to keep the patient's nervous system quiet, to produce sleep when sleep is required, to keep his stomach warmed up, and lastly, when the patient complains bitterly for a drink of alcoholic stimulant, as this is to be used as a substitute until he is able to resist the whiskey.

Now, with the above instruction any person should be able to treat a drunkard. You will find that within two or three days, and sometimes in only one day the patient will tell you he has no desire whatever for whiskey. I have never seen this treatment fail to do the work. I have put a patient under this treatment at the earnest solicitation of his family and friends, a patient who did

not want to quit drinking, and after two days have had the patient complain bitterly that he could not crave liquor, and that he did not want to be in a condition where he could not enjoy a drink. But he was in that condition and we kept him under the treatment for ten days and finally cured him, in spite of his not wanting to be cured. The ergot is given for its effect on the circulation. It contracts the vessels, which prevents and cures what is known as wet brain. The strichnine is given for its effect on the heart and as a general tonic, as in all these patients a powerful tonic is absolutely needed.

Now as regards the after treatment. These patients after two or three days will not any longer have any desire for liquor and will be found cured except that they may require a general tonic, something that will maintain their appetite and tone up their nervous system. For that give the ginger and strichnine prescription and keep it up for several weeks. This treatment covers every indication for the cure of the whiskey habit. It keeps the vital organs, nervous system, heart and stomach well stimulated; it affords an effectual substitute for the usual whiskey, and it is the general experience of all specialists that a few days administration of hyoscamous obliterates that constant craving for whiskey. If temporary delirium oc-

cur during the course of treatment it is probably caused by the hyoscamous, but let me assure you that hyoscamous is not considered a dangerous drug. Should you go to a sanitarium for treatment it would cost you from $100 to $200 and probably you would receive the identical treatment as outlined above. There is but one other point which it is necessary for you to know to be placed in possession of all needful facts to enable you to cure yourself of the whiskey habit in the privacy of your home and that fact is, at the beginning of the treatment quit off short the use of the usual beverage. You will not succeed in effecting a cure if you undertake to quit by degrees. For the morphine or cocaine habit the general treatment as outlined above for the whiskey habit will prove sufficient except that you must not quit off short but quit by degrees.

CHAPTER VI.

THE DISEASES OF CHILDREN.

The New Born. "If I were asked what I considered the chief requisite for the successful practice of pediatrics by a competent physician I would answer **the education of the mother.**"

The above is a quotation from Prof. Kerley's excellent work on diseases of children.

The more capable and the better instructed the mother, the better it is for the baby. For instance, in the case of a mother of fair intelligence, if it is explained to her that condensed milk and proprietary foods, when prepared for use, are weak in fat, weak in proteids as compared with mother's milk, the natural food for an infant, she will at once be convinced that such food is not good for her baby. Cow's milk, on the other hand, when properly corrected forms an almost perfect substitute for mother's milk. When it is thus explained a mother will adopt cow's milk, properly modified, in all cases when the natural infant food, mother's milk, is not available.

Before the birth of a child a mother should be instructed how to prepare for its advent. There are many excellent "infant baskets" on the market which contain everything needful for the new born baby.

The following should be secured:

One box good talcum powder.

One bar castile soap.

One soft hair brush.

Six soft towels.

Safety pins, diapers made of birdseye cloth.

Flannel belly bands.

Besides the above, the usual clothing should be provided.

After the child's arrival it should be annointed all over with olive oil, wrapped up and allowed to rest for a few hours before having its bath. If the above suggestion is followed, the oil will dissolve the vernix caseosum, when if washed in the usual manner it will not all come away but will remain to cause a dermatitis.

After the child's birth it should be given the breast, while as yet there is no milk secreted, the child receives a dose of colostrum which acts as a laxative. Nursing also causes the mother's womb to contract, thus assisting in preventing hemorrhages. Do not give the baby oil, calomel or other purgatives, and do not allow women visitors, who

have older children, to nurse the child. If nature demanded that an infant receive milk the first two or three days of its life, rest assured nature would supply it. The fact that no milk is secreted at first should teach us that the infant under two or three days of age does not require any. Another thing I will call your attention to is this: Do not administer sugar tits or sweetened water or whiskey to the baby soon after it is born. I know it is the custom in many sections of the country to do so, but it is both unnecessary and harmful. It is always by far the best that the infant be raised on its natural food—mother's milk—but if for any reason it becomes necessary to bottle-feed it, the following care must always be taken with the nursing bottle, and cow's milk must be used always instead of artificial infant foods. Secure two or more nursing bottles and nipples, prepare the milk as needed, allowing the unused bottle to remain always submerged in a solution of borax and water, using one or two teaspoonfuls of borax to a pint of water. Once every day the bottle should be boiled. To prevent the formation of curds in the bottle, which is difficult to remove, use a little ammonia water or soda when washing out the bottle. In the appropriate place will be given formulas for the modification of cow's milk for the use of young infants.

Remember that one-fourth of all babies born, die before their second year of life. The great majority of those deaths are caused from gastro-intestinal troubles. Hot weather does not produce disease, but in hot weather disease germs multiply rapidly and such germs enter the baby's system through its food. Therefore, in bottle-fed babies, be sure that the milk is kept covered and in a cool place. For the rural population, who often have no ice box, the babies' milk should be placed into a carefully stopped bottle and let down into the well until needed.

Bowels. It is not generally known that an infant when six months old can be trained to go to stool regularly. It is important that the habit be formed as early as possible, and at six months of age is the proper time to begin. Have special hours each day to place the infant on the commode and hold it there for a few minutes. You will find that soon the infant will void urine and its bowels will act.

Colic. Don't give soothing syrups which contain morphine to your baby. If attention is given to its food, the baby will not have the colic. But should the child cry and expel gas administer the following:

Rx. No. 9.
Ricarb. soda—grains 1.

Paregoric—drops 2.
Oil of Fennel—drops 1-10.
One such dose every hour until relieved.

Bathing. The infant should have a daily warm bath and the best castile soap should be used. In fevers do not place the infant in cold water to reduce its fever but have the water at a temperature of 100 degrees Fahrenheit to begin with, and gradually add cold water until the temperature of the water is reduced to 80 degrees Fahrenheit.

In very high fever the following may be used: To a quart of cold water add one-half pint of alcohol and apply with soft cloth, using friction and keep the infant well covered while receiving the bath. Continue the above until the fever is reduced, which is usually in about ten minutes.

Artificial Feeding. The essential points to keep in mind if you find that you will have to raise the child on the bottle are as follows:

Human milk contains the following, in the proportion as stated:
Fat, 4 per cent.
Sugar, 7 per cent.
Proteid, 1½ per cent.
Cow's milk contains:
Fat, 4 per cent.
Sugar, 4 per cent.
Proteid, 3½ per cent.

Now, to make cow's milk conform to human milk, we add water to reduce the percentage of proteid, but as that also reduces the proportion of the fat and sugar, we then add cream and milk-sugar to bring those constituents up to the required amount. Therefore, to modify cow's milk, the following is prepared:

Cream, 2 per cent.
Milk, 4 per cent.
Milk-sugar, 1 per cent.
Water, 10 per cent.

The above gives us the following approximate percentages:

Fats, 3 per cent.
Sugar, 7½ per cent.
Proteid, 1⅓ per cent.

The above is for a healthy infant. If the child should not be able to digest the milk as modified above, which will show itself by the infant passing curds in its stools, more water should be added temporarily and the sugar may be increased. Lime-water may be also used instead of plain water.

THE USE OF PROPRIETARY "DRIED-MILK" FOODS.

These are composed of whole cow's milk with the water evaporated out and the sugar added. Some of them are probably better than cow's milk, as for instance Horlick's

Malted Milk. This is composed of whole milk pasteurized, the extractives of wheat, flour and barley malt added, in which the starch of the grain has been converted into soluble dextrine and maltose, and the casein of the milk has been rendered more digestible so as not to form curds in the stomach, making an ideal food when prepared with the proper amount of water. It is especially indicated in constipation. I often use the above food also in acute illness and in convalescence and in cases of malnutrition; it is readily digested.

GASTRO-ENTERIC DISEASES.

Chronic Gastritis. This is caused by some error in the diet of the child. The symptoms are vomiting, restlessness and finally a loss in weight.

Treatment: First, if you are feeding the baby on cow's milk, reduce the amount of fat by adding more water to the milk. Then administer small doses of syrup of rhubarb every four hours.

Cholera Infantum: This is really an acute milk infection, and is ushered in with excessive vomiting and purging accompanied by very high fever and marked prostration.

The treatment is to place hot water bottles to the feet and apply cloths wrung out in cold water to the body. Then give whiskey

or brandy in one-half teaspoonful doses every hour or two. Stop the milk and use boiled water only for twenty-four hours. Then give the following, which acts as an intestinal antiseptic and also removes the toxins, which are causing the trouble:

Rx. No. 10.
Zinc phenolsulphonate—grains 1.
Salol—grains 2.
Bismuth subnitrate—grains 10.
Calomel—grains ¼.
Pepsin—grains 5.
Make into twenty doses and give one every hour.

Rx. No. 11.
Subnitrate bismuth—drams 5.
Aromatic syrup rhei—drams 3.
Water, to make—oz. 4.
Directions: Teaspoonful every two hours.

CHRONIC ILEOCOLITIS.

This disease is generally preceded by acute attacks and is the result of malnutrition.

The symptoms are emaciation, the skin is dry, the temperature subnormal, the abdomen distended with gas or is flabby and appears empty. The bowels act from three to ten times a day.

Treatment. Put the child on a diet of egg-white in skimmed milk. Then give a dose of castor oil and place the child on formula No. 10.

THE INTESTINAL PARASITES.

Those mostly met with are lumbricoides, or round worms, the oxyuris vermicularis, or thread worms and the tape worm. The symptoms are an irritability, picking at the nose; the lips often appear swollen and blanched and should the child be stricken with any acute disease, the illness is generally ushered in with convulsions. In looking over my case records I find one case in which the worms came up through the esophagus and out of the patient's mouth. In another the worms became enmeshed into a ball which produced complete obstruction of the bowel. This case we operated on and secured sixty large worms, which we were compelled to withdraw, one at a time, through a small incision in the gut. One other case of interest was a child six months old which during the course of several days passed 160 large round worms. The latter, on account of the age of the patient and the number of worms passed, is unique.

The treatment for lumbricoides is as follows:

Rx. No. 12.
Santoine.
Calomel—of each grains 3.

Make into five powders and give one powder every two hours. If the bowels do not act freely give a tablespoonful of castor oil.

For thread worms prepare the following solution and use as an enema:

Rx. No. 13.
Quassia—1 ounce.
Water—1 pint.

Place on the stove and allow to boil for fifteen minutes. Use as an injection.

For Tape Worms. These require for their expulsion a purgative (three grains of calomel) and a dose of the oleoresin of male fern, thus: Drop twenty drops on a lump of sugar and give in one dose. In three hours give one tabelspoonful of castor oil.

GENERAL DISEASES.

BED WETTING.

Bed wetting occurs more often in males than in females.

The causes are stated to be as follows: Acid urine, constipation, worms, enlarged tonsils, adenoids and eczema. Local irritation.

The Symptons. The child generally urinates in the morning at an early hour just before waking.

The Treatment. Try and find the cause and remove it. The administration of one of the following will generally be found effective:

Rx. No. 14.
Tr. iron chloride—drams 2.
Fl. ex. ergot—drams 5.
Spt. chloroform—drams 2.
Tincture quassia, enough to make 4 ounces.
Directions: Teaspoonful in water three times a day.

Or, Rx. No. 15.
Fl. extract rhus aromatic—drs. 2½.
Aromatic syrup—ounces 1.
Water—ounces 3.
Directions: Take teaspoonful three times a day.

CONVULSIONS.

A spasm is due to either an acute intestinal irritation, or it ushers in some one of the acute diseases. Pneumonia, malaria, etc.

The Symptoms: A convulsion is generally preceded by restlessness, or twitching of the muscles of the face or hands. This is followed by a violent convulsion, in which the face becomes pale, the eye-balls become

glassy, the hands clinched. By the number of spasms which occur in a given case we are often enabled to say whether recovery or death will result. The greater number of spasms that occur the more dangerous to life.

The treatment is as follows: Immediately upon noting any twitching indicating a coming convulsion, the child should be placed in a hot mustard bath which often alone controls the spasm. Then administer the following:

Rx. No. 16.
Brom. pot.—grains 8.
Chloral hydrate—grains 3.
Water, enough to make one dose for a child two years old.

If the child is unable to swallow the above it may be given as an enema. As 10 per cent of epileptics date from a convulsion during infancy, a spasm should not be lightly regarded.

EARACHE.

Earache is caused by one of the following: Impacted cerumen, foreign body in the ear or any acute inflammatory disease of the upper air passages. Treatment is by application of dry heat, and if that fails, the following will prove effective:

Rx. No. 17.
Cocaine—grains 1.
Camphor water—drams 6.
Directions: Drop two or three drops in ear. Repeat every hour until relieved.

LA GRIPPE

La Grippe is an acute contagious disease caused by the bacillus of Pfeiffer. It is generally ushered in by a chill followed by fever, headache and nervous prostration out of all proportion to the amount of fever. With the above symptoms are added a catarrhal inflammation of the upper air passages.

Treatment: One of the following will usually prove effective in curing the trouble:

Rx. No. 18.
Phenacetine—grains X.
Caffeine—grains 2.
Sugar milk—grains ½.
Make into ten powders and give one every four hours.

Rx. No. 19.
Spt. of ammonia aromatic—drams ½.
Tr. of nux vom.—drams ½.
Water to make—ounces 4. M.
Directions: Teaspoonful every four hours.

MEASLES.

Measles is an acute contagious disease characterized by coryza, fever and a rose eruption. The period of incubation is from ten to twenty days. It usually begins with the symptom of a bad cold followed by fever. The eruption appears first on the face on the fourth day, then rapidly spreads over the entire body.

Treatment: The child should be put to bed in its usual night clothes, and given plenty of cold water and fresh air. It is a mistake to administer hot drinks and keep the patient in a dark and unventilated room. For the fever a warm bath should be given, followed by the application of a cold cream over the entire body. The bowels should be opened by an enema. As there is a tendency to diarrhea, a purgative should not be given. For the cough the following should be given:

Rx. No. 20.
Paregoric—drams 2.
Cit. potash—drams 4.
Syr. ipecac—drams 2.
Syr. of tulu—enough to make 3 ounces.

Directions: Take one-half teaspoonful every two hours. Keep the child in bed and on a light and nutritious diet until well.

WHOOPING COUGH.

Whooping cough is an acute contagious and epidemic disease of the air passages, characterized by a spasmodic cough which terminates in a prolonged inspiration causing the peculiar whoop.

Its incubation period is usually eight days. At the beginning it resembles an ordinary bad cold. Then occurs the paroxysmal stage in which the cough becomes violent and during the paroxysm the face is cyanosed, eyes are injected and the veins are distended. After a few weeks the disease becomes less violent and finally ceases.

Treatment: Fresh air, sunlight and nutritious diet are indicated. Then have prepared the following and give as directed:

Rx. No. 21.
Sodium bromide—drams ½.
Antipyrine—grains 15.
Glycerine—oz. ½.
Tr. Belladonna—drops 20.
Peppermint water—enough to make oz. 3. M.
Directions: Teaspoonful every two hours.

SCARLET FEVER.

This is an acute contagious disease, characterized by a scarlet rash, high fever, sore throat and desquamation. It is contracted

either by direct infection or through fomites. One attack usually gives immunity. The incubation is generally seven days. The disease begins suddenly, sometimes with a chill and vomiting or even a convulsion. The throat becomes inflamed, the tongue, which at first is heavily coated, gradually becomes clean and red—the strawberry tongue.

At the end of the second day the rash appears, usually appearing first on the neck and chest, and soon extending over the entire surface of the body. The fever rises to 103 or 104 degrees and remains high for several days. The pulse is generally very rapid; the bowels are constipated; the urine is scanty and highly colored. The child becomes restless and sometimes delirious. The mortality is stated to be from 5 to 40 per cent.

Treatment: The diet should consist of milk, ice cream, fruit juices and water. A laxative dose of elixir cascara segrada may be given. For the fever cold water must be used if the temperature should remain above 103 degrees. The fear of the water is general among the laity, but its use is based on the experience of the best men of the medical profession and, therefore, you may have no fear whatever in using it. One of the main objects in writing this book is to educate the laity, and so right here, I wish to impress upon you the value of cold water in scarlet

fever or fevers of any nature. The pack may be used as in pneumonia or typhoid fever. Professor Kerley says: "The fear that the disease may 'strike in' and kill the patient is one of the many inexplicable ideas of the laity with no foundation in fact," as the same authority so clearly describes the pack. I will quote him further.

THE COOL PACK.

The cool pack properly applied is without the slightest danger to the patient and is the best means we possess with which to combat a continued high fever. It may be used as freely and with as much success in the exanthemata as in typhoid fever or pneumonia. That cool water may not safely be applied to the skin of the child with scarlet fever or measles is a fallacy which it is our duty to explain to mothers.

"The pack is prepared as follows: A rubber sheet being used to protect the bed-sheet, a large bath towel or some thick, soft, absorbent material must be used, muslin, linen or any thin material does not answer as well. Slits are cut in the towel large enough for the arms to pass through and the towel is folded around the body, enveloping only the trunk and buttocks. The pack should not extend below the middle of the thighs. This leaves the arms and greater part of the lower ex-

tremities free. A hot-water bag, carefully guarded, should be placed at the feet and the patient covered with a blanket of medium weight. The towel is moistened with water at 95 degrees Fahrenheit. This higher temperature is necessary at first in order not to frighten the patient, as sudden cold is apt to do, and also to avoid shock. In two or three minutes the towel, without being removed, is again moistened with water at 90 degrees Fahrenheit, and later with water at 85 degrees Fahrenheit, and still later at 80 degrees Fahrenheit. When the temperature of the water reaches 80 degrees Fahrenheit, it is better to hold it at this point for half an hour, when the patient's temperature should again be taken. If at the beginning his temperature was 105 Fahrenheit, and now shows but slight or no reduction, the temperature of the water with which the towel is moistened should be reduced to 70 degrees Fahrenheit, or, if necessary, even to 60 degrees Fahrenheit. The child throughout need not be disturbed except to turn him from side to side to wet the towel with water of the desired temperature, this being one of the advantages of the pack over a tub-bath or sponging.

"For the first hour or two in a pack the temperature of the patient should be taken every half hour. When it is reduced to 102

degrees Fahrenheit, the pack should be removed for, if it is continued longer, too great a reduction may take place. If it rises again rapidly to 105 degrees Fahrenheit, or higher, it is well to keep the patient in the pack continuously. The degree of cold necessary, in the individual case, to keep the temperature within safe limits will soon be learned."

The skin should have a daily application of cold cream through the course of the scarlet fever. This is soothing to the skin of the patient and a protection to the other members of the family.

PNEUMONIA.

Pneumonia is an acute specific disease, caused by pneumococcus of Frankel, and characterized by an inflammation of the lungs producing a consolidation of the air passages, high fever, rusty sputum and terminating by a crisis. The disease is usually ushered in by a chill followed by a high fever and rapid pulse. The temperature remains high throughout the course of the disease. From the start there is difficulty in breathing, the patient complains of a pain in the side, and has a constant cough. The bowels are constipated and delirium is often present.

Treatment: The sick room should be kept at a temperature of 70 degrees Fahrenheit. Place the child in its bed dressed in a

night gown and do not begin to apply flannels, oils, turpentine, etc., to its chest. Such measures subject the child to useless exposure of its body, which chills the patient, is uncomfortable—and there is no rational reason for their use. But if you have to apply something to the chest, then use a light paste—mustard and flour, equal parts.

For the fever try and keep it as low as possible. If it should remain above 103 degrees, use the pack as described under the article on scarlet fever. As a heart stimulant the child should have 1-300 part of a grain of strichnine every four hours, with attention to the heart's action and the temperature, fresh air, diet as above suggested, the case will go on to recovery in the majority of cases.

CHAPTER VII.

ASTHMA.

Definition: A disease characterized by paroxysmal attacks of difficult breathing, due to a spasmodic contraction of the bronchi.

Causes: The exciting factors are various, but may be grouped, according to Prof. Anders, under the following four heads: Acute bronchitis; the inhalation of numerous widely various irritants; reflex causes, an attack may be excited by cardiac diseases, gout, rheumatism, syphilis, Bright's disease, emotional excitement.

Symptoms: Attacks of asthma often appear suddenly, more often at night. The patient is seized with a sense of sudden oppression and great dyspnea. There is an intense desire for air. The difficulty of breathing is in expiration and not inspiration. The temperature remains normal in the majority of cases.

Treatment: This resolves itself into the relief of the attack and the prevention of their repetition. For the relief of the attack, I believe any of the following formulas will prove effective:

Rx. No. 22.
Morphine—grains ¼.
Atropine—grains 1-150.
Adrenalin, 105 sol.—drops 10.

The above to be taken in one dose. This gives absolute and immediate relief, but it is not to be repeated on account of the fear that it may lead to the formation of the morphine habit.

The following is also recommended to be smoked as a cigarette. Take powdered saltpeter and add enough water to make a solution; then soak a piece of blotting paper in the solution and remove and allow to dry. Roll into a cigarette and smoke, inhaling the smoke; or

Rx. No. 23.
Stramonium—oz. 2.
Cannabis indica —oz. 1.
Lobelia—oz. 1.
Eucalyptus—oz. 1.
Tea—oz. 1.
Anise seed—grs. 60.
Nitrate potash—ozs. 1½. M.

Directions: Burn a dram or two and inhale the smoke.

The following should be taken internally:

Rx. No. 24.
Tinct. lobelia—drams 1.

Tinct. nitroglycerine (1% solution) — drops 10.
Sodium bromide—drams 5.
Wine of ipecac—drams 5.
Ext. hyoscyamus—grains 8.
Simple elixir—enough to make ozs. 4. M.

Directions: Take one teaspoonful every hour till relieved. After the attack has subsided begin on the following and take regularly for several months:

Rx. No. 25.
Iodide potassium—drams 4.
Potassium bicarb.—drams 4.
Ammonium carb.—drams 2.
Camphor water—ozs. 8.
Distilled water—enough to make one pint. M.
Directions: Take one tablespoonful three times a day.

RHEUMATISM.

Before taking up the subject of rheumatism, I wish to tell you what to do for lumbago or backache, which is a very common and painful trouble. It is of such frequent occurrence and produces in some cases such intense pain that I feel it should be mentioned separately. **The treatment** is as follows:

Rx. No. 26.
Sodium salicylate—drams 5.
Potassium acetate—drams 4.
Elixir buchu co.—enough to make oz. 8.
M.

Directions: Take one tablespoonful every three hours.

Besides the above heat an ordinary smoothing iron and have someone iron your back.

Acute Rheumatism: Is an acute infectious febrile disease characterized by fever, swollen painful joints and a tendency to heart complications.

Causes: It is caused by the diplostreptococcus which gains its entrance into the system through the tonsils.

Symptoms: Acute rheumatism usually is ushered in abruptly with swollen joints, fever and pain. It may last only a few days or it may in some cases last six or eight weeks. Often the heart becomes involved, which shows itself by rapidity of the pulse, some dyspnea, and pain over the heart. In acute rheumatism we generally have profuse sweats, which have a sour smell.

In treating acute rheumatism the diet should be liquid, the patient placed in a well ventilated room in a light flannel gown. Then put the patient on the following treatment and keep it up until the disease is cured.

Rx. No. 27.
Sodium salicylate—oz. ½.
Potassium iodide—drams 1.
Methyl salicylate—drams 1.
Fl. ext. cimicifuga—drams 2.
Alcohol—oz. ½.
Water—enough to make ozs. 3. M.
Directions: Teaspoonful three times a day.

Locally heat may be applied by the use of a hot sand bag and the use of the following liniment:

Rx. No. 28.
Oil wintergreen—oz. ½.
Spts. chloroform—oz. ½.
Soap liniment—oz. 3. M.
Directions: Apply freely.

In case the heart becomes involved apply an ice bag over the heart.

CHRONIC RHEUMATISM.

A chronic affection occurring generally after middle life and characterized by painful and stiff joints, which is often aggravated by cold and damp weather.

Causes: It may follow an acute attack, but it occurs more frequently in those who are exposed to the weather.

Symptoms: Pain and stiffness are the

most prominent symptoms. There may be some swelling.

Treatment: In some patients certain articles of diet precipitate an attack. Those articles should be scrupulously avoided. Sudden exposure to cold and moisture also should be avoided. Have the following prescription filled and take as directed:

Rx. No. 29.
Sodium iodide—drams 4.
Wine colchicum—drams 4.
Amoniated tr. guaiac—drams 7.
Fl. ext. erythroxylon—drams 7.
Fl. ext. cimicifuga—drams 6. M.
Directions: Take one teaspoonful three time a day.

Locally use the following hot douche, alternating with the use of the liniment. Prepare a bowl or pitcher of hot water as hot as can be borne. With a bulb syringe cause a jet of water to play against the affected joint. In douching the joint the water must be squirted against the part with as much force as possible. Follow the above by the application of the liniment given below applying same with considerable friction and massage.

Rx. No. 30.
Oil Wintergreen—drams 2.
Oil sassafras—drams 1.

Chloroform—drams 4.
Tr. Capsicum—drams 2.
Tr. opii—drams 8.
Spts. camphor—enough to make oz. 4. M.
Directions: Liniment.

Another treatment which I have often used with marked success is as follows:

Prepare a tub of hot water, in which has been dissolved to saturation, Epsom salts. Place the patient in the tub and give him a general bath, using friction to the affected parts throughout the course of the bath. This form of treatment sometimes works wonders and produces results at time which are phenomenal.

DYSPEPSIA.

Definition: A chronic catarrhal inflammation of the gastric mucous membrane, or lining membrane of the stomach, with impairment of digestion.

Causes: Chronic dyspepsia may follow acute indigestion, but it is usually due to excessive eating, drinking or bolting of food, or too free use of ice during meals. Quite a number of cases have a nervous origin. Congestion of the liver is also a fruitful cause. It often accompanies other chronic affections.

The symptoms are anorexia or loss of appetite, a sense of fullness and distress, burn-

ing sensation and dull pain in the stomach, eructation of gas, heartburn, a bad and sometimes bitter taste in the mouth and great thirst may be complained of. Nausea is common, which is most marked in the morning. Vomiting may occur after eating. Alternating diarrhea and constipation often occur. The general nutrition is usually impaired. Sometimes certain skin eruptions are in evidence.

Treatment: The food must be masticated thoroughly and eaten slowly. It is better to leave the table before the appetite has been fully gratified than to over-eat. On rising in the morning a tumblerful of hot water just as hot as can be borne should be taken. After taking the water as above suggested then take one of the following pills:

Rx. No. 31.
Nitrate of silver—grains 5.
Ext. hyoscyamus—grains 8.
Make sixteen pills. Use as above directed.

Besides the above the following should be taken just before eating:

Rx. No. 32.
Fl. ext. hydrastis—drams 3.
Glycerine—half ounce.
Glycyrrhiza—drams 2.
Alcohol and water—enough to make 4 ounces. M.

Directions: Teaspoonful before meals.

The above will generally effect a marked improvement if not a complete cure. Should it fail to cure, then continue the treatment and add the following to the treatment:

Rx. No. 33.
Tinct. nux vomica—drams 2.
Elix. gentian—ozs. 6.
Dil. hydrocloric acid—drams 4.
Directions: Tablespoonful after meals in water.

Keep the bowels open by the use of the elimination treatment given in another chapter.

MALARIA.

Definition: Malaria is a specific infection due to the parasite discovered by Lavaran, which multiples partly in the blood of man and part of its life cycle is passed in the body of the mosquito. Its predisposing cause is living in a swampy country living in unscreened houses; new arrivals in a malarious country are stricken more readily than are the natives.

The symptoms of acute malaria are headache, a pronounced chill followed by a fever which usually terminates within twelve hours by a profuse sweat. During the height of the fever nausea and vomiting are present. After

the paroxysm subsides the patient feels comparatively well. But at the expiration of 48 hours another paroxysm occurs. If treatment is neglected a condition is developed which is called chronic malaria, characterized by anemia, headaches, constipation, a bad taste in the mouth, a dreadful and persistent lazy feeling and weakness.

The treatment of malaria is both preventive and curative. To prevent the disease the house should be screened to prevent the entrance of the mosquitoes, or if traveling through a swamp and while unprotected by a mosquito-bar or wire gauze, the free use of kerosene (coal oil) will cause the mosquitoes to leave. The oil may be used by soaking an old cloth thoroughly and spreading it out under your chair. Now, to cure an attack of chill and fever it is only necessary to take from twenty to thirty grains of quinine six hours before the expected chill. To illustrate: if you had a chill and fever on Tuesday morning, you may confidently expect a return of same on Thursday morning. Therefore, you would want to get under the influence of quinine by taking thirty grains either in one or at most two doses by daylight Thursday. Any less quantity than thirty grains will not do much good, for the object in taking the drug is to destroy the parasites which are in the blood. If you only destroy

a part of them you will surely have a chill and fever either in seven days or not later than in twenty-one days. Now we will presume that you have taken the thirty grains of quinine at least six hours before your expected chill and that you have missed the fever, after that you will need one dose of quinine (five grains) at bed time for three weeks. The above treatment is absolutely all any one needs to rid himself of malaria. If quinine fails to cure malaria it is because you have not taken it in as concentrated a form as you should or that you have not taken enough. The habit of taking the quinine, a few doses a day, merely disorganizes the blood and leaves you weak and anemic and often fails to produce a cure. You want thirty grains of the drug in the system all at once and six hours before the expected chill. That produces a cure. Now to remain well one capsule at bed time is all that is required. Do not depend on purgation to cure. The custom of excessive purgation which obtains in the south, especially among children, is harmful. I have seen physicians administer twenty and thirty grains of calomel, what is called broken doses, to infants every two hours for several doses. After a profuse diarrhea the poor little thing suffers dreadfully with a swollen abdomen, in fact it appears that its little abdomen is going to

burst. Then, of course, the doctor advises the mother that the baby has developed an inflammation of the bowels. Quinine is the specific for malaria and calomel is only used because custom has forced it. I have lived in the swamps of Louisiana for twenty years and in all that time I have not taken one grain of calomel and all of our family are always healthy. But if you want to spend your money for chill tonics, which, by the way, depends for its efficacy on the quinine content, do so, but your quinine in that form is expensive quinine. But if my directions as above given, that is, to take thirty grains at one dose, do not prevent the chill it is due to the fact that you are suffering from the malignant form of malaria and in that case you should take sixty grains at once, and as soon as you are well move out to the high land, otherwise you are apt to have sooner or later malaria hemoglobinuria, which is known in Louisiana as creole yellow fever.

HOOKWORM.

Geographical distribution. Uncinariasis, or hookworm disease, encircles the globe in the tropical and sub-tropical belt, and occurs also as far north as Holland in Europe and the Potomac river in America. It is caused by a parasite which inhabits the small intestines of man. The way it reaches the intestine is

very interesting. The eggs are deposited in the intestine of the patient but do not develop until they escape with the faeces. But they develop within twenty-four hours as a rhabditiform embryo which after forty-eight hours sheds its skin. After a week ecdysis, or skin shedding, occurs again. It is in this stage that it enters its host. From this point the worm takes no food until it reaches man. Its mode of entrance is also interesting, in fact, it reads like a tale from the Arabian Nights. It has been experimentally demonstrated by careful and trustworthy observers that the hookworm larva passes through the skin, reaches the circulatory system, passes with the blood through the heart to the lungs, from the lungs to the air passages, up to the larynx, down the gullet to the stomach and then to the small intestines, where it attaches itself to the walls of the intestine. It is estimated that 80 to 90 per cent of the population are infected. It is the anemia produced by this parasite that doctors have been in the habit of calling chronic malaria and treating it as such for years.

The symptoms are profound anemia and laziness. The skin is either waxy white, dirty yellow or tan. At the point of entrance of the parasite it produces a few itching papules to a severe inflammation of the skin. In children it evidences itself as toe itch.

The hair under the arms and on the pubis is generally scanty and often the patient has a more or less prominent abdomen (pot belly). Pain in the stomach is always present. Palpitation of the heart is a prominent symptom. To sum up the symptoms of hookworm disease, when a patient is pale (anemic), lazy, suffers with pain in the abdomen and is pot bellied, he probably has hookworm disease.

Treatment: Thymol is the remedy. While you have thymol in your system do not take any oil or whiskey for if you do you will probably develop its poisonous effects. With the above clear in your mind the directions are as follows:

In the evening take a dose of Epsom salts and do not eat any supper. The following morning take thirty grains of thymol in capsules and wait two hours and repeat the dose. Then in two hours more take another dose of salts. After this second dose of salts acts freely then you may eat. For children the dose of thymol is fifteen grains.

Most of the above data was obtained from Dr. C. W. Stiles' article in Osler's Modern Medicine.

CONSTIPATION.

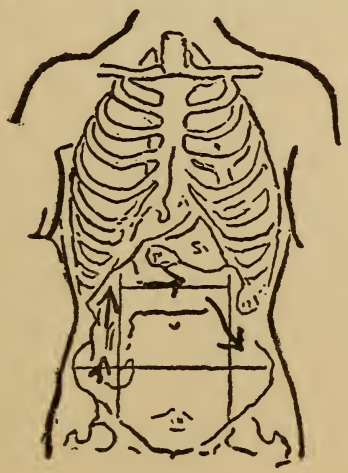
Definition. Costiveness, fecal retention. It is the most constant symptom encountered in the practice of medicine. That fact but

indicates its importance. The obstinate character of the trouble is probably responsible for the universal idea that it is incurable.

Causes: In health it requires from eighteen to twenty hours for a meal when digested to reach the rectum. In defecation it has been proven that a complete emptying of the intestinal tract occurs from the spleenic flexure of the colon to the anal canal.

The direct causes are lack of training when young; the neglect of the call of nature; habitual use of strong purgative medicines; the habitual lack of sufficient food; a diet deficient in residue. Weakness of the abdominal muscles is also an important cause.

Treatment: The ignorance or neglect of mothers in not developing the habit of going to stool every morning after breakfast is re-



sponsible for much chronic constipation among children. An infant can be trained to have its bowels move at regular intervals when it is only six months old.

Exercise: Every morning for ten minutes knead the abdomen as follows:

Begin on the right lower side and follow the course of the ascending transverse and descending colon. See direction of arrow in cut.

This should be kept up daily for months if the best results are to be expected.

Diet. A diet suitable for constipation must contain considerable residue after digestion has taken place, examples of which are cabbage, string beans, cucumbers, cornbread, all forms of stewed fruits and raw apples. One very important beverage to overcome constipation is water; a glass of hot water on rising, cold water after meals and on retiring.

Medicinal Treatment. It is under this heading that I shall give you a line of treatment that will prove effective and with the use of the least amount of medicine possible. It is estimated that one-half of all civilized people use some kind of medicine for constipation. Drastic purgative medicine is absolutely harmful. The formula given below is the ideal preparation for one to take who suffers from chronic constipation. It owes much

of its effect to the water with which it is taken.

Rx. No. 34.
Soc. aloes—ounces 1.
Fluid ext. cas. segrad—ounces 2.
Pot. bicarb.—ounces 3.
Soda bicarb.—ounces 3.
Sulph. magnesia—ounces 3.
Glycerine—ounces 4.
Mix and make into tablets No. 500. (Dr. Robinson.)

Directions: Take one tablet dissolved in water every two hours.

The aloes acts only on the large intestine and may be taken over long periods of time without being compelled to increase the dose. The cascara has a similar effect. Another fact regarding the above two drugs is that the longer they are used the less it will require to get the desired effect, whilst most other drugs have just the opposite effect. One other very important item in this formula is the cooking soda. It has been ascertained by examination of the stomach contents that when hyperacidity exists, constipation also exists, and when an alkali is administered the constipation is cured. Finally I desire to say that any treatment of constipation which does not take into consideration the enema is not complete.

For details as to how to use the enema treatment see Chapter IV.

CHRONIC HEART DISEASE.

By chronic heart disease it is understood that I am speaking of chronic valvular disease.

The cause is generally rheumatism.

The symptoms are dropsy, difficult breathing, scanty urine, chronic bronchial catarrh with cough and expectoration, sometimes of blood, vertigo and irregular heart beat.

The treatment. In digitalis and calomel we have sheet anchors which rarely fail us.

Rx. No. 35.

Fat free tr. digitalis—oz. 1.

Directions: Take ten drops three times a day.

Then take one grain of calomel every day until free purgation occurs. Be careful to keep your teeth clean while taking calomel on account of the danger of salivation.

For the restlessness or sleeplessness take fifteen grains of brom. potash well diluted at bed time or what is highly advised by the best authorities, take one-sixth of a grain of morphine.

The digitalis is to be kept up constantly except when the following symptoms occur:

First, when the urine falls perceptibly, any faintness or if digestion becomes disturbed. To overcome the possible bad effects of the digitalis I am in the habit of giving all my heart cases the following:

Rx. No. 36.
Tinct. strophanthus—dr. 5.
Tinct. digitalis—dr. 5.
Nitroglycerine—grs. ¼.
Strych. sulph.—grs. ½. M.
Directions: Take one teaspoonful three times a day.

GOITER.

Goiter is any enlargement (non-inflammatory) of the thyroid gland. The causes are stated to be heredity, congestion and drinking water. In parts of Michigan it is stated to occur in 10 per cent of all females. Goiter usually develops slowly and besides the enlargement the following symptoms occur, due in the main to the pressure exerted on the surrounding organs. We may have cyanosis, congestion, headache, dyspnea, sometimes paralysis of the vocal cords, palpitation of the heart. Death is at times due to pressure on the trachea.

Treatment. Preventive measures: Avoid any tight collar around the neck. If living in goiter districts always boil the drinking

water before using. **The medical treatment.** In the treatment of goiter we have practically a specific and the drug is iodine. How it exerts its effect is as yet not fully known. It has been used externally in the form of the tincture but it is better to use the drug internally. Below is given a formula for the internal administration of iodine.

Rx. No. 37.
Iodine (crystals)—grs. 4.
Potassium iodid—grs. 8.
Rectified spirits—dr. 2.
Water—enough to make oz. 4.
Directions: Take one teaspoonful in water one hour after meals.

Another treatment of goiter is the one given below which I have been using for a number of years with marked success.

Rx. No. 38.
Zinc sulphate—dr. 2.
Salicylic acid—dr. 2.
Iodoform—dr. 2.
Boric acid—dr. 3.
Oleic acid—oz. 8.
Keep at a boiling heat for four hours, then pour off the liquid and bottle when cold.
Directions: Apply to the goiter with slight friction twice a day, until a slight peeling of the skin occurs, then use only once a day until cured.

BALDNESS.

Alopecia, or falling of the hair, is often caused by any fever or other general disease that interferes with nutrition. Besides the above it may be caused by dandruff or other disease of the scalp. As a cause Professor Sabourard of Paris has described a micro-organism of oily soborrhoea which he considers as the cause. When this parasite finds its way into the hair follicle it is said to cause first, hyper-secretion; then, hypertrophy of the glands; next, progressive papillary hypertrophy and finally death of the hair.

Treatment. In the treatment of baldness the author has given much study and has experimented with many drugs. The following probably is as good a prescription for a hair tonic and hair restorer as can be made.

Rx. No. 39.
Quinine sulph.—drams 1.
Resorcin—drams 2½.
Tinct. jaborandi—ounces 1.
Tinct. cantharides—ounces 1.
Spirits of myrcia—ounces 12.
Alcohol—ounces 8.
Rose water—ounces 9.
Oil rose geranium—drams 2. M.

Hair Tonic.
The reader will find in this preparation

one of the best all around hair tonics that it is possible to produce. It is elegant. It meets every indication both as a treatment for falling hair and as a toilet article. It maintains a healthy scalp and is inexpensive.

OBESITY.

Excessive fatness may occur as a local deposit or general obesity.

Cause: Those causes that are described as predisposing, many be stated as follows: Heredity, age, sex, sedentary habits and temperament.

The exciting causes are diet, as eggs, milk, rice, beer, ale, sweet wine and lack of exercise.

Symptoms: The patient begins to notice shortness of breath when exercising, an increase in weight, the pulse is slow, arterial tension high, the patient's resistance to the acute diseases is impaired. Toward the end dropsy and heart failure are added to the picture.

The Complications: Obesity is often complicated by bronchitis, pulmonary congestion, angina pectoris, apoplexy and dropsy.

Treatment—Dietetic: Restriction of fat forming foods must be enforced. Such foods are sugar, fats, albumen, eggs and starches. Large quantities of water are beneficial.

Exercise: Daily exercise must be taken, but always short of fatigue.

Medicinal: In thyroid substance we have a treatment which, if used in conjunction with the above dietetic suggestions and exercise, will reduce the weight to the desired amount. Besides the above it is essential to use laxatives to keep the bowels open. The thyroid may be administered as follows:

Rx. No. 40.

Desiccated thyroid glands, U. S. P.—oz. 1.

Directions: Take one grain every six hours, three times a day. Increase the dose one grain a day, up to seven grains and stop.

Caution. Should any of the following symptoms develop stop at once: Palpitation of the heart; irritability; vertigo; melancholia.

CHRONIC DISEASES.

HEADACHE.

Headache is due to organic brain diseases, abscess, tumor and syphilis; to acute congestion, anemia of the brain and to reflexes. From the latter cause we have those headaches due to eye strain; other causes are ovarian and uterine diseases, gastric irritations, nasal catarrh and finally we have the toxic headaches, such as those due to gout, rheu-

matism, chronic malarial poisoning, alcoholism and constipation.

The Treatment must have regard to the cause. If due to rheumatism the same should be treated by administering salicylate of soda in fifteen-grain doses (see article on rheumatism). If due to chronic constipation it is advisable to take the enema treatment for a month or so (see elimination treatment). For immediate relief take the following:

Rx. No. 41.
Acetphenetidini—drams 1½.
Caffeine citrat—grains 24.
Make into twelve powders and take one every hour until relieved.

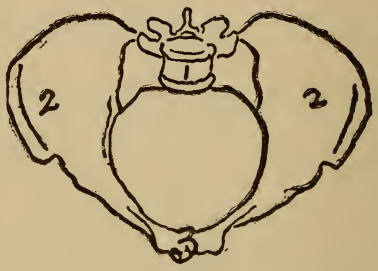
CHAPTER VIII.

DISEASES OF WOMEN

ANATOMY AND PHYSIOLOGY.

In going over with you the anatomy of the female generative organs I will avoid all technical phrases as far as may be and try and give you only the essentials. It is your duty as well as privilege to have information of this character; indeed, your education is not complete without a correct idea of your make up. We will, therefore, first of all take up osteology or a description of the bones which go to make up the pelvis. It is a box containing the most sacred organs God has created, organs which at times contain new life. It is the doorway of life. Note how strongly the Creator has housed these delicate organs. No other organs in the human body are housed so well except the brain, heart and lungs. The protection given them demonstrates their importance. For our purpose it will suffice to learn the names and functions only of the bones of the pelvis. The pelvis is composed of the following bones, to-wit: The os innominata—one on each side,

which form the sides and anterior wall of the pelvic cavity. The sacrum and coccyx, which together form the posterior part of the pelvic cavity. They are the last two sections of the spine. The accompanying cut gives you a fair idea of the bones of the pelvis.



Explanation. 1. Sacrum. Below the sacrum is the coccyx.
2. innominate bones.
3. Pubis.

SOFT PARTS.

Now, in studying the female generative organs, you have been told about the framework or bones. We will next take up the soft parts, which for convenience of description we have divided into the external and internal organs of generation.

The external organs are the mons veneris; the vulva, and the vagina.

The mons veneris is the lowest part of the abdominal wall. It lies in front of the pubic

bones and consists of skin which is covered with hair always a shade darker than the hair of the head. Under the skin we find fatty tissue and elastic bands which contain many nervous fibriles. Its function is a cushion.

The vulva is composed of the labia majora, labia minora, the clitoris and the hymen. The labia majora—one on each side—are the two large parallel folds of skin extending from the mons veneris to the perineum. Their function is to serve as a protection to the more delicate labia minora and clitoris. The labia minora or nymphae are two small folds of skin and lie parallel with the outer or labia majora.

The clitoris is a rudimentary penis, an inch long, situated above the upper entrance to the vagina.

The hymen is a veil-like septum of mucous membrane situated at the entrance to the vagina.

The vagina or anterior passage, commonly called "birth canal," is a hollow tube extending from the vulva to the neck of the uterus or womb. The bladder lies in front, and the rectum behind. The lining membrane of the vagina is subject to inflammation and trauma during childbirth, which will be described more fully elsewhere.

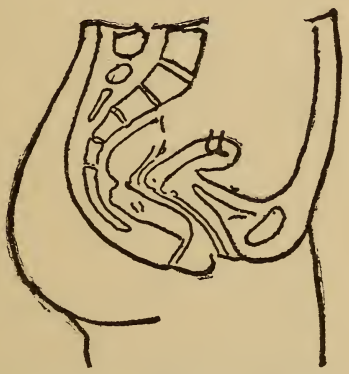
INTERNAL ORGANS OF GENERATION.

Next we will take up a description of the internal organs of generation, namely, the uterus or womb, the fallopian tubes and the ovaries.

The uterus is a thick, muscular and hollow organ about two and one-half to three inches long, situated in the pelvic cavity with the small intestines resting on its upper surface, its neck or mouth enclosed by the upper part of the vagina. On each side we find extending outward a tube (the fallopian tube) at the end of which, situated behind the broad ligaments, are the ovaries. The cervix is that part of the neck of the womb which extends into the vagina. It is prone to inflammation. It is often torn during labor, and if unattended to, produces leucorrhea or whites, ulcers, pain and discomfort. In front of the uterus is situated the bladder and behind we have the rectum. The uterus is lined internally by a membrane called the endometrium and when that memberance becomes inflamed we have a disease called endometritis, which will be described in detail under its appropriate heading. The position of the womb in health is slightly curved forward. Any exaggerated curvature forward, however, is abnormal and is known as anteflexion. Any kind of a backward displace-

ment is also abnormal and is known as retroflexion. The ligaments of the uterus hold the organ in suspension and correct position.

The fallopian tubes are two long round tubes, extending from the sides of the uterus



u.—Normal position of the uterus.

outward to the ovaries, but not attached to the latter. They are lined by a mucous membrane which is often subjected to inflammation which is called salpingitis. Their function is to transmit the ova from the ovary to the uterus.

The ovaries are two in number, one of each side of the uterus. They are oval in shape and are from one to one and one-half inches long, and one-half inch in diameter. Their function is to produce ova or eggs, which are carried by the fallopian tubes to

the uterus where they meet the male germ or spermatazoa and become, when developed, the fetus.

THE CAUSES OF DISEASES PECULIAR TO WOMEN. HYGIENIC SUGGESTIONS AND PREVENTIVE MEASURES.

The Care of the Skin. It is not only necessary to bathe the body daily to remain vigorous and healthy, but in order to keep the skin free from the excrementitious matter which its glands eliminate daily, one should use brisk friction when drying the skin by the use of a coarse towel.

Body Excretions. Now, besides the skin, we know there are other organs of excretion, and I refer to the kidneys and bowels. It is a noted fact that most women are constipated. Some one has said in defining a woman that she is a constipated biped. I mention this to impress upon you the importance of a daily evacuation of the bowels. With a distended rectum can you not see that the uterus will be pushed out of place? It is preferable that your bowels be regulated, first, by habit—set aside a special hour to attend to this important function and do not let anything interfere; second, by the proper kind of food, vegetables and fruits; but if absolutely required to secure a movement, in

the event the above suggestions are not sufficient, the next best thing to do is to take an enema of either warm or cold water. If not taken in too large a quantity an enema is harmless, cleanly, rapid and effective. It is a fact that most drugs that are recommended for the regulation of the bowels, if taken for a sufficient length of time will finally have the effect of requiring larger and larger doses. To overcome this defect I advise the use of a laxative tablet, the formula of which is No. 34. It owes quite a lot of its virtue to the amount of water with which it is to be taken. The purgative medicine content is small and it serves the double purpose of washing out the system through the kidneys, as well as regulating the bowels.

Exercise. Now, as a rule, I understand that most women get quite enough exercise in the daily performance of the multifarious duties which necessarily devolve upon them. But work is not exercise. A complete course of exercise is given elsewhere. You must also relax your mind and muscles at least once a day.

During Menstruation every woman should avoid undue exercise and excitement. Non-attention to the above is a fruitful source of chronic disease.

During and After Childbirth one should be careful, for at that time many diseases

have their beginning. Therefore, I will give you the information required to safeguard yourself during that time.

GENERAL INSTRUCTIONS FOR PREGNANT WOMEN.

The vomiting of pregnancy is due to a toxemia and therefore the best thing to do for it is to eliminate. This can be done by the use of the following prescription:

Rx. No. 42.
Socot, aloe—oz. 1.
Fl. ext. casc. sagrad—oz. 2.
Potas. bicarb.—oz. 2.
Soda bicarb.—oz. 3.
Epsom salts—oz. 3.
Glycerine—oz. 4.
Mix and make into tablets No. 500. (Dr. Robinson.)

Directions: Take one tablet dissolved in a glass of water every two hours.

A few months of this treatment establishes regular free evacuation of the bowels, increases the amount of the urine and sweat and stimulates the appetite. It will prove beneficial if the patient makes it a rule to take a nap after the mid-day meal, for during pregnancy a woman needs an abundance of sleep.

To prevent fissure of the nipples it is very important that they be put in a perfectly healthy condition **before** labor. It is also essential that the breasts be exercised, developed for the work which will devolve upon them after labor. For the nipples some authorities advise the local application of equal parts of the following: Tannic acid, rose water and glycerine. But it has been my own experience and I find quite a number of authorities agree with me that cocoa butter applications prove by far the best; in fact, all those cases where patients have experienced in nursing their children that their milk supply has not been sufficient that the identical treatment that I use in the development of the breasts works excellently. See formula No. 48.

Regarding the pelvic organs, if the patient is suffering with leucorrhea, there can no possible harm result from taking a vaginal douche daily. As regards sexual intercourse, it is my rule to advise that it be left entirely with the wife. To some women it is especially relished at that time, whilst to others and possibly to the majority it is distasteful. It is important that the kidneys functionate freely. Note the urine and should it become turbid, red or thick it indicates toxemia, which occasionally results in eclampsia, or spasms before, during or just after labor. To

keep the kidneys in a healthy condition the free use of the above prescription, No. 42, will be required.

As pregnancy and childbirth is a perfectly normal and physiological process, to be required to report at a physician's office every month for an examination is not only ridiculous but absolutely harmful. I know of many women who become infected by their physician's unclean hands and dirty instruments. Morally, also, I believe it to be absolutely indefensible. At the medical colleges the students are given ten or more reasons why all pregnant women should be systematically examined during their pregnancy, but as millions of people were born from healthy mothers before that procedure was advised or practiced, and on the other hand thousands of women owe some chronic illness to an infection contracted from their physician's hands or instruments by submitting to this new teaching, you ought to be able to see the advantage of foregoing those useless examinations.

DISEASES OF THE EXTERNAL AND INTERNAL ORGANS OF GENERATION.

Vulvitis or inflammation of the vulva shows itself by the following symptoms: redness, swelling, a discharge of mucus, pain and burning. It is not as a rule a seri-

ous trouble and can be cured in the following manner. Make local applications of the **lead and opium wash.** After the acute symptoms subside use the suppositories and douche, or paint the parts with tinct. iodine diluted with two parts water.

Vaginitis or inflammation of the vagina is quite a common affection and is identified by the following symptoms: The patient complains of burning pain within the birth canal, a smarting pain on urination and a discharge of mucus or whites. **The treatment** is as follows: Use hot vaginal injections of a solution containing one teaspoonful of bicarbonate of soda in a pint of water—a teaspoonful of laudanum may be added if there is much pain. After the acute symptoms have subsided the suppositories and douche will finish the cure.

Cervicitis or inflammation of the neck of the womb is generally coincident with endometritis or inflammation of the lining of the uterus. Such inflammatory diseases are recognized by the following symptoms: A profuse leucorrhea, backache, pelvic tenesmus or bearing down sensation. The digestion is not good and the bowels are sluggish. The nervous system soon is involved, producing exhaustion, depression, insomnia. The menses become painful and irregular. In endometritis the **treatment** must be by both

local and constitutional measures. Therefore it is advisable to begin with prescription No. 42, and take one tablet every two hours with a glass of water and as soon as the bowels and kidneys are acting freely reduce the dose to one-half tablet or one-quarter, or even one-eighth of a tablet, but by no means stop taking them. Then every night on retiring to bed insert a suppository and follow next morning with a prolonged douche of hot water. Besides the above measures the uterine tablet, prescription No. 51, must be used one every three hours. The above measures, if used faithfully, will produce the desired effect within a very short time.

Ovaritis or inflammation of the ovary generally comes on gradually and is more often seen in old maids and widows. The **symptoms** are pain and heaviness in the region of the ovaries, followed by marked nervousness and exhaustion. This is followed by deranged menses. Such patients complain of backache and bearing down pains, are easily excited and feel exhausted. In the **treatment** of ovaritis the bowels must be kept free and the kidneys flushed. A cold water bath taken in order to stimulate the peripheral nerves and give tone to the nervous and circulatory system. Then use the suppositories for its soothing and depleting effect. You will find that the congestion will be readily relieved by

the use of the suppositories and douche. It is also advisable to use the uterine tonic tablets, prescription No. 51.

DISPLACEMENTS.

The next subject we will study is the displacements of the uterus.

Under this heading we will discuss the following:

Retropositions, divided into **retroversion and retroflexion, antiflextion;** and prolapse of the uterus.

Retroversion or the turning backward of the uterus is caused by relaxed uterine ligaments, the result of repeated pregnancies; chronic inflammations, by causing an enlargement of the uterus is another frequent cause.

A woman with a retroverted womb generally complains of a heaviness or weight in the pelvis, a discomfort on defication, difficulty of micturition, painful urination and suffers with dysmenorrhea (painful menses), headaches, indigestion and palpitation of the heart.

The treatment for retroversion resolves itself into the use of the uterine suppositories (prescription No. 50) and douche with only plain hot water, the use of the drainage tablet (prescription No. 42), and the taking in-

ternally of the uterine tonic tablet (prescription No. 51).

The treatment for anteversion or an excessive forward tilting of the body of the uterus is the same as given for backward displacements.

For prolapse or falling of the womb, when the organ does not entirely protrude from the body, a faithful use of the suppositories and douche will usually effect a cure. In those rare cases in which the uterus protrudes entirely out of the vagina, the organ should be pushed back up into its place and the suppositories and douche used, but during the daytime a small rubber pessary must be worn. Same may be purchased at any surgical instrument house.

MENSTRUAL DISORDERS.

In this chapter we will investigate the following conditions:

1st. Menorrhagia or excessive bleeding at the menstrual period.

2nd. Metorrhagia or a bleeding from the uterus between the periods.

3rd. Ammenorrhea or absence of or scanty menses.

4th. Dysmenorrhea or painful menstruation.

5th. Leucorrhea or whites, being a discharge of mucus from the uterus.

Menorrhagia, as above defined, is an excessive flow of blood at the menstrual period. The **causes** of menorrhagia may be stated as constitutional, namely, hemophyllics or those persons who are known as bleeders, and chronic diseases of the liver. Among the local causes may be mentioned uterine congestion and displacements, endometritis or inflammation of the lining of the womb, new growths within the womb, such as polypus and inflammation of the ovaries, called ovaritis, and finally cancer.

Now, from a study of the causes we can readily determine what the treatment should be. In those cases who are bleeders a hypodermic injection of sterile horse serum will effect a cure. As nothing else will prove effective there is no other treatment. Of course the symptoms may be relieved by taking ergot or adrenalin. The use of the suppositories and douche also will give relief. In all other cases of menorrhagia, except when it is caused by cancer, the following will prove beneficial:

Rx. No. 43.
Fl. ext. hydrastis—drams 5.
Fl. ext. ergot—ounces 1.
Fl. ext. viburnum prunifol—ounces 1. M.
Directions: One teaspoonful every hour until relieved.

METORRHAGIA.

Metorrhagia or a discharge of blood independent of the menstrual epoch has generally a local cause. Endometritis is the most common. Fibroids and cancers are causes.

Much good will result from the use of the suppositories and prolonged douching, always taking care that the bowels are regular.

Ammenorrhea. The causes of absent or scanty menses are as follows:

1st. Constitutional — such as consumption, anemia.

2nd. Pregnancy.

3rd. Under-development of the uterus and ovaries.

4th. Catching cold.

The treatment resolves itself into building up the patient's general health by the use of iron tonics (see formula No. 44) and to correcting the local trouble by the use of the suppositories with the douche and taking the female tonic, prescription No. 51.

Dysmenorrhea or painful periods may be caused by inflammation of the ovaries, tubes, or uterus; it may have a nervous origin, it may be caused by a thickened condition of the cervix or mouth of the womb, and it may be due to some displacement of the uterus. In treating this condition we aim to abate inflammation to relieve congestion, to tone

up the nervous system, and correct any displacement of the uterus. As the suppositories and douche relieve congestion, check inflammation, and correct displacements, it is in dysmenorrhea that the local treatment recommended in this book gives such beautiful results. For the pain the prescription given as a uterine tonic (Rx. No. 51) taken with gin will generally give relief.

Leucorrhea, or whites, is a chronic discharge of mucus from the birth canal and is always due to local inflammation of the generative organs. Leucorrhea is a symptom which occurs in many female diseases. In the treatment of this condition the general health should be looked after, the bowels regulated, and locally the use of the suppositories and douche must be faithfully and persistently used.

As a tonic use the following:

Rx. No. 44.
Bland's mass.—grains 5.
Strychnine sulph.—grains 1-60.
Corrosive sublimate—grains 1-80.
Ext. gentian—grains 1-16.
Arsenous acid—grains 1-50.
Po. capsicum—grains 1-64. M.
Directions: One such dose three times a day.

LABOR MADE EASY.

There are many nostrums on the market which the exploiters claim will cause an easy labor. Experience has proven that few of them are really good. The fee charged also is out of all proportion to the cost of the drugs. From experimentations extending over a period of fifteen years and the trying out of various drugs and many combinations, and also from an exhaustive search of the literature, the formulas herein given are confidently offered with assurance of merit. The treatment should be persisted in beginning at least three months before the expected labor and used faithfully until labor begins. The following formula is to be taken internally:

Rx. No. 45.
Fl. ext. cimicifuga.
Fl. ext. caulophyllum—of each oz. 1.
Simple syrup—enough to make oz. 8. M.

Directions: Teaspoonful in water three times a day after meals.

The balance of the treatment consists of an ointment which is to be used locally, rubbing it in well upon the abdomen and perineum twice daily.

Rx. No. 46.
Spermaceti—ozs. 4.
White wax—ozs. 3.
Castor oil—ozs. 4.
Cottonseed oil—ozs. 13.
Rose water—fl. oz. 8.
Borax—dr. 2.
Oil rose—min. 7. M.
Directions: See above.

In numbers of cases where the author has used the above, it has given every result one could expect. Unlike "twilight sleep," this treatment is absolutely free from danger. In the application of the ointment the abdominal muscles are subjected to daily massage as is also the perineum, the muscular body lying between the birth canal and the anus. There is no doubt that the massage is an important part of the treatment.

BUST DEVELOPER.

In any of the so-called bust developers advertised so extensively, in which the basis of the treatment is not exercise and massage, with the use of an ointment containing castor oil and lanolin, it is merely an effort to get your money, but is not intended to give you results. I have never found any medicines which taken internally would have any appreciable effect on the mammary glands except goat rue and lactophosphate of calcium.

From the above experimentation and studies the following is offered as probably the best line of treatment for the development of the bust that has been devised. For internal use the following formula is advised.

Rx. No. 47.
Fl. ext. gallega vara.
Tinct. fennel.
Calcium lactophosphate—of each, drams 2½.
Simple syrup—enough to make pint 1. M.
Directions: Take one tablespoonful after each meal and on retiring.

For local use on the breasts use the following:

Rx. No. 48.
Castor oil.
Lanolin.
Cocoa butter.
Glycerine.
Alcohol—of each ozs. 4.
Oil peppermint.
Oil bergamot.
Oil lavender flowers.
Oil rosemary—of each drams 2. M.

Except you follow these instructions carefully, do not expect the best results.

Take the following exercises every night and morning:

1st. The muscles of the abdomen should be drawn **inward** and **upward** while swinging the arms and **breathing deeply.**

Do this for five minutes.

While you are doing this stand as nearly on your toes as you can.

2nd. Then stand on the ball of your foot and reach with one hand as high as possible. Repeat with other hand. Alternate six times.

HOW TO USE THE BUST DEVELOPER.

At bed time sponge each breast for ten minutes with cold water. Follow this sponging with brisk friction, using a coarse towel for five minutes. After the breast is thoroughly dry and the skin is in a glow apply the ointment, rubbing same well into the skin. All motions should be made firmly but not with sufficient force to abrade the skin.

The Technique of the Motions. The motions to be used are as follows:

1st. Begin at the base of the gland and rub the bust developer in, in a circular way, around and around the gland until the nipple is reached.

2nd. Then make straight stroking lines converging from the base of the breast to the nipple, repeat the above until the bust developer is thoroughly absorbed.

In flat-chested girls it is the duty of mothers to see to it that their daughters' breasts are developed. As the treatment is inexpensive and can be taken at home, it appears to me as criminal to neglect this important matter.

STERILITY.

Definition: Sterility is barrenness, or inability to produce young.

The germ of gonorrhea is probably the cause of three-fourths of all cases of sterility. In view of the fact that it is the poor who have such large families, I have often thought that, after all, the gonococcus is a useful germ. For the poor should have some way to prevent the entrance into the world of so many offsprings. But in spite of the assistance received from the gonococcus it remains a fact that poverty and large families walk hand in hand.

Why the poor, exploited masses cannot see that they are but the manufacturers of slaves who are destined to fill their own places in the bosses' mine, workshops, etc., is an enigma to me. Why the poor fail to realize that they already have more children than they can conveniently educate, nourish and raise in refinement, is probably due to ignorance. I wish I could tell you right here just what you should do to regulate the size of

your family to just the number you desire: To have children when you really desire them, and at no other time. But you know there is a law against it, and you ought to also know that you did not have anything to do with the passing of that law. But there is no law preventing me from telling you how you can be cured of your sterility. Remove the cause which is generally a pelvic inflammation and keep all the body functions up to par.

THE DOUCHE AND GENERAL TREATMENT SUMMARIZED.

The vaginal douche is so absolutely necessary in health for its cleansing effect and in disease for its curative effects that it has been decided best to treat the subject separately. When used properly it is capable of doing a vast amount of good. The kind of syringe to use is important and experience has shown that a fountain syringe is by far the best kind to use. It should be large enough to hold one gallon of water. The douche should be used on retiring to bed and on rising in the morning. Various medicaments are added to the water to be used as a douche. For that reason I am here giving you a formula which may be used for that purpose.

Rx. No. 49.
Sodium chloride—oz. 1.
Alum po.—oz. 1. M.
Directions: Teaspoonful to one gallon of water to be used as a douche.

We secure from the use of the douche the following: It cleanses the parts. It contracts the tissues, thereby acting as a local astringent and tonic; it relieves pain and inflammation; it checks hemorrhages; it checks secretions, and it acts as a cleanser.

The following suppositories are used by me in almost all diseases of women and as the douche is always to be used in conjunction with the suppositories I am giving the formulas for the suppositories here.

Rx. No. 50.
Zinc. sulph.—grains 43.
Boric acid—drams 1½.
Solid ext. thuju.
Solid ext. hyoscyamus.
Solid ext. hydrastis.
Solid ext. hamamelis.
Solid ext. belledonna—of each grains 15.
Powd. jequirity—grains 2.
Solid ext. calendula—grains 10.
Elaterium—grains 2. M.
Make 24 suppositories.
Directions: Insert one on retiring to bed at night and take a douche the next morning.

The above formula was taken from a work by Dr. McOscar, with slight alterations, and I have been using this formula for a number of years with phenomenal success. Indeed, it meets every indication in the local treatment of the diseases of women. In order to effect a cure in these particular diseases the treatment must possess the following properties:

Astringent, sedative, antiseptic and absorbant. In the above formula we have all of the above represented. Many cases have been cured by the use of the above formula which refused to respond to any other line of treatment. The drainage laxative tablet, the formula of which is given as prescription No. 42, as you see by the ingredients, contains very little purgative medicine and as before suggested quite a bit of its effect is due to the water with which it is given. You will find after taking these tablets for a few weeks that you will have a daily evacuation of the bowels, that you will pass an increased amount of urine, thus washing out, as it were, an enormous amount of waste laden material from the system.

By flushing the tissues, the sweat glands are stimulated, which assists the system in throwing off effete material.

Below is given the formula for a female

tonic tablet which should be always used in conjunction with the suppositories. Ordinarily the tablets are to be taken one three times a day, but in cases of painful menstruation, they should be used one every two hours until relieved.

Rx. No. 51.
Ext. viburnum prunifolium.
Ext. viburnum opulus—of each grains 20.
Ext. start grass.
Ext. helonias—of each grains 12. M.
Make into 24 tablets.
Take as above directed.

The treatment that is strongly advised in cases of pregnancy is here given. It will prove far superior to the many preparations that are so extensively advertised to prevent the pains of labor. The treatment here given for an easy labor consists of a liquid which is to be taken and an ointment to be used locally. If used during the last few months of pregnancy, your abdominal muscles and perineum will be developed and prepared to meet the strain of labor and you will, therefore, naturally pass through that ordeal safely and as nearly without pain as possible.

For formulas see under paragraph entitled "Labor Made Easy."

ABORTION.

The term abortion signifies the expulsion of the products of conception before the sixteenth week of gestation.

Frequency: About 50 per cent of all married women abort at some time during their married life.

Causes: It occurs more frequently at the third month, and is due to syphilis, backward displacements of the uterus, endometritis, acute infectious diseases, chronic heart disease and traumatism, as when the patient brings it on by mechanical means.

The symptoms are pain and hemorrhage.

The Treatment: In the treatment of abortion, remove the cause if possible, by the cure of the displacement, endometritis, etc., and administer the following:

Rx. No. 52.

Fl. ext. viburnum prunifolium—ozs. 4.

Directions: Take one teaspoonful in water every four hours.

If the hemorrhage is severe use fluid ext. Ergot in one-half teaspoonful doses may be added to the above.

Another line of treatment which is highly successful as a preventive is the administration of chlorate of potash in five-grain doses three times a day throughout the pregnancy.

Prescription No. 53.

When the abortion is inevitable the following line of treatment should be followed. The fluid ext. of ergot should be given in half-teaspoonful doses every four hours, hot vaginal douches to which has been added a small quantity of carbolic acid should be given several times a day. If there should be any products of conception retained within the uterus your physician should be able to remove it with clean hands. But, and this is important, don't permit your physician to use a sharp curette. The best physicians do not use a sharp curette, and in the average hands it is like a shot gun in the hands of a monkey, very dangerous.

The Tampon: This is mentioned because many physicians are in the habit of using it. But the best physicians have discarded it as dangerous and unnecessary. If you will use your common sense a little you will readily understand that it should not be used. From the mouth of the uterus to the fimbriated extremity of the fallopian tube, may be described as a tube with both ends open. Now, if you should block up one end (the mouth of the womb) with a tight wad of cotton or gauze, can't you see that the blood will run out the other end of the tube? And as that end of the fallopian tube opens directly into the free peritoneal cavity, the blood spills out over the intestines and produces, if in-

fected, a violent peritonitis. I know of several deaths caused by ignorant physicians applying tampons in cases of abortion. Another reason why tampons should not be used is that they prevent drainage. Given, an infected case of incomplete abortion with slight fever; to such a patient apply a tampon and watch results. Within a few hours her temperature will rise, her abdomen will become swollen and if not speedily relieved her funeral will take place in a very short time.

What is said of the sharp curette and tampon for abortion cases holds equally true for chronic inflammatory diseases. Do not permit their use at any time or under any circumstances. If you learn nothing else by the perusal of this book except to refuse to permit the use of the sharp curette or a tampon on yourself or your daughter, I will feel amply repaid for having written it.

EXERCISE.

For about ten minutes every morning practice in your room before dressing deep breathing, expanding and retracting the abdominal muscles, bending backward, bending forward, attempting to reach the floor with your hands without bending your knees; then lie flat on the floor and raise yourself up into sitting position.

After the above exercise you should take a cold bath.

YOUR TOILET.

Every lady is naturally very much interested in her personal appearance, and rightly so, for much depends upon their appearance, the care of their complexion, nails, teeth, etc., both from a financial and physical standpoint. The idea, I would think, is to be distinctive as regards the variety of perfume used, the quality of soap, etc. And right here let me tell you that nowadays to be able to secure a pure toilet article on the market is almost an impossibility. Synthetics are almost entirely used on account of their cheapness. Therefore, always, after selecting the kind of perfume you fancy the most, insist on getting an article made from the natural flower. A good perfume should possess the qualities: Agreeableness, persistency and intensity. The best perfume is made by a process called enfleurage. Perfumes made by this process possess a peculiar distinctiveness and elegance not found in any other kind. A good formula for a bath cologne is as follows:

Rx. No. 54.
Ol. bergamot—dr. ½.
Ol. rosemary—dr. ½.
Ol. clove—drops 10.
Ol. wintergreen—drops 10.
Ol. sassafras—drops 10.
Acetic ether—dr. 1.

Alcohol and water—enough to make one quart.

To prepare a headache perfume add a dram of menthol to the above.

Formula for Cold Cream.

Rx. No. 55.
White wax—oz. 5.
Paffin oil—oz. 20.
Water—oz. 8.
Borax—dr. 2.
Ol. rose—dr. ½.

Directions: Dissolve wax in oil at temperature of 60 C. In another vessel dissolve borax in water then pour latter slowly in the oil and stir then add ol. rose.

A good massage cream is Cooban's, which smoothes out wrinkles and clears up the skin:

Rx. No. 56.
Skimmed milk—1 gal.
Hydrochloric acid—1 ounce.
Po. boric acid—1 ounce.
Alcohol, dil.—1 ounce.
Ol. bergamot—drops 20.
Ol. rose geranium—½ ounce.
Sweet ol. almonds—1 ounce.

Solution: Carmine and water sufficient. To the milk add one gallon of water at a temperature of 80 degrees Fahrenheit. Mix hydrochloric acid with pint of water and add

to diluted milk slowly while stirring. All to stand an hour. Collect the precipitate on a cloth and allow to drain. Return it to vessel and add two gallons water. Stir and break up coagulation and strain again. Repeat this washing until casein is free from acid and whey. Finally rub up casein in mortar with boric acid, then strain two days. They add the other ingredients.

COSMETIC GLOVES.

Under the name of cosmetic gloves beauty experts market a preparation to be smeared on the inside of very large cotton gloves to be worn at night, which, it is claimed, softens the skin and hands. The following is a good formula:

Rx. No. 57.
Yolk of two eggs.
Tr. benzoin—½ ounce.
Rose water—6 ounces.
Rice flour—1 ounce.
Glycerine and sweet almond oil—1 ounce of each.

A good face powder may be prepared as follows:

Rx. No. 58.
Talcum—5 ounces.
Rice Flour—5 ounces.

Oxide of zinc—2 ounces.
Ol. of Bergamot—20 drops.
A rouge may be prepared as follows:

Rx. No. 59.
Paraffin wax—2 ounces.
White vaselin—3 ounces.
Eosin—2 drams.
Almond oil—10 drops.
Apply the color to the cheeks.
As a skin whitener use the following:

Rx. No. 60.
Peroxide hydrogen—2 ounces.
Glycerine—½ ounce.
Borax—1 dr.
Ol. almond—1 ounce.
Wool fat—4 ounces.
Use as a bleaching ointment.

LIP SALVE.

Rx. No. 61.
White wax—1 ounce.
Almond oil—2 ounces.
Carmine—1 grain.
Ol. rose—1 drop.
Use as lip salve.

FRECKLE REMOVER.

Rx. No. 62.
Borax—5 drams.

Chlorate pot.—5 drams.
Alcohol—1 ounce.
Rose water—1 pint.
Directions: Apply with sponge several times a day.

FOR TAN OR FRECKLES.

Rx. No. 63. (Solution No. 1.)
Iod. pot.—1 dr.
Iodine—3 grains.
Glycerine—1½ drams.
Rose water—2 ounces.
Rx. No. 64. (Solution No. 2.)
Soda hyposulphate—2 dr.
Rose water—½ pint.
Directions: Paint the tan or freckles with a little of No. 1 until skin turns brown. Then apply No. 2 on soft cloth until stain is removed. Repeat several times daily.

WART REMEDY.

Rx. No. 65.
Caustic pot. stick.
Directions: Apply the point of the caustic to wart daily.

FORMULA FOR TOOTH PASTE.

Rx. No. 66.
Precipitated chalk—8 ounces.
Orris root—1 ounce.
Po. cuttle bone—1 ounce.

Po. ipecac—1 dram.
Po. white castile soap—1 ounce.
Carb. mag.—¼ ounce.
Ol. peppermint—10 drops.
Ol. rose—10 drops.

An elegant bath may be had by adding a tablespoonful of the following to the bath water:

Rx. No. 67.
Tartaric acid—5 ounces.
Bicarb. soda—6 ounces.
Starch—3 ounces.
Oil of rose geranium—dr. 1.

NAIL POLISHER.

Directions: To whiten nails use acetic acid, a dram to one ounce of rose water. To give the nails a red polish use the following:

Rx. No. 68.
Eosin—20 grains.
White wax—1 dram.
Spermaceti—1 dram.
Paraffin wax—2 ounces.

CHAPTER IX.

HOUSEHOLD REMEDIES.

The following is a good remedy for catarrh in the head:

Rx. No. 69.
Terebene.
Oil eucalyptus.
Camphor.
Menthol—of each 1 ounce. M.
Directions: Sprinkle on handkerchief and inhale.

Or the following may be used:

Rx. No. 70.
Glycerini acidi carbol.—drops 10.
Soda biborate—grains 6.
Soda bicarb.—grains 6.
Water—ounces 1. M.
Directions: Place some of the above in the palm of your hand and snuff into the nostrils.

For a cold in the chest use the following:

Rx. No. 71.
Wine of antimony—drams 1.
Wine of ipecac—drams 1.
Spirits of niter—ounces ½.
Liquor ammonia acetat.—ounces 1.
Syrup of lemon—ounces ½.
Mistura amygdal., enough to make ounces 4. M.

Directions: Take one teaspoonful every four hours.

If a more stimulating expectorant is required use the following:

Rx. No. 72.
Ammonia carbonate—drams 1.
Tinct. opii camp.—drams 1½.
Syrup of squills—ounces ½.
Syrup of tulu—ounces 1.
Infusion of senegae—enough to make ounces 4. M.

Directions: Take one tablespoonful every four hours.

TOOTHACHE.

A good tootache remedy is as follows:

Rx. No. 73.
Tinct. aconite.
Tinct. iodine.
Chloroform—of each ounces 1. M.

Directions: Apply to gum or to cavity of the tooth.

For distress after eating the following gives immediate relief:

Take several crushed cloves and a half teaspoonful of cooking soda and pour on the above a glass of hot water and drink at one dose.

WART REMEDY.

Rx. No. 74.

Epsom salts—ounces 4.

Peppermint water — enough to make ounces 8. M.

Directions: Take one teaspoonful three times a day and the wart will fall off.

Or you may use the following:

Rx. No. 75.

Nitric acid—drams 1.

Directions: Apply one drop to the wart, daily.

CORN CURE.

Rx. No. 76.

Acid salicylate—grains 15.

Extract. cannabis indica—grains 8.

Alcohol—drops 20.

Flexi. collodium—drams 2. M.

Directions: Apply locally to corns.

CHILL TONIC.

A good chill tonic is made as follows:
Rx. No. 77.
Tinct. eucalyptus—ounces 2.
Tinct. serpentaria—ounces 4.
Tinct. capsicum—drams 5.
Tinct. nux vomica—drams 2.
Quinine sulphate—drams 1.
Elixir of licorice—enough to make pint 1.
M.

Directions: Take one teaspoonful three times a day. Double the dose on chill days.

BITTERS.

Rx. No. 78.
Fluid ext. yellow inchona—ounces 1.
Fluid ext. yello wcinchona—ounces.
Quininae sulphate—grains 120.
Solube iron citrate—ounces 2.
Spirits of orange—ounces 1.
Simple syrup—ounces 32.
Hot water—ounces 8.
Sherry wine—enough to make gallons 1.
Dose: A wine glass full.

BOILS.

Rx. No. 79.
Nitromuriatic acid dilute—ounces 1.
Directions: Take ten drops in water three times a day.
This is said to be a specific for boils.

BUNIONS.

Rx. No. 80.
Acid carbolic—drams 2.
Tinct. iodine—drams 2.
Gylcerine—drams 2. M.
Directions: Apply with a camels' hair brush to the parts.

BURNS.

Rx. No. 81.
Bismuth sub-nitrate—ounces 1.
Acid boric.—ounces ½.
Olive oil—ounces 2.
Wool fat—ounces 6. M.
Directions: Apply to the affected parts.

CONSTIPATION.

As a general laxative the following tablet may be used with good results:
Aloin—grains 20.
Ext. belladonna leaves—grains 3.
Strychnine sulph.—grains ¼.
Ext. cascara segrada—grains 15. M.
And make into tablets No. 60.
Directions: Take one at bed time.

DYSPEPSIA.

A good after dinner remedy to aid digestion is made as follows:

Rx. No. 83.
Soda bicarb.—ounces 1.
Soda sulphate—ounces 2.
Comp. tinct. gentian—ounces 4.
Fluid ext. senna—drams 2.
Fluid ext. rhei—drams 4.
Oil of caraway—drops 20.
Water—to make one pint. M.

Directions: Take one teaspoonful after meals in waters.

EPILEPSY.

Besides the elimination treatment (high rectal injections of water) described elsewhere which see, the following is generally prescribed:

Rx. No. 84.
Potassium iodide—drams 1.
Potassium bromide—drams 1.
Ammonium bromide—drams ½.
Potassium bicarbonate—drams 1.
Infusion of columbo—ounces 6. M.
Directions: Take one teaspoonful before meals and a double dose at bed time.

HEADACHE.

The following is the usual dose given for headache:

Rx. No. 85.
Acetanelid—grains 3.

Soda bicarb.—grains 3.
Caffeine—grains ½. M.
One such dose every hour till relieved.

KIDNEY CURE.

While such prescriptions as the following are marketed as cures, yet every one should understand that no one prescription could possibly be a cure for the many diseases the kidneys are subject to. The following formula, however, will be found a good diuretic.

Rx. No. 86.
Fluid ext. liverwort—ounces 4.
Fluid ext. hydrangia—ounces 4.
Fluid ext. stig. maise—ounces 4.
Fluid ext. apocynum—ounces ½.
Fluid ext. couch grass—ounces 2.
Potassium nitrate—ounces 1½.
Alcohol—enough to make pints 1. M.
Directions: Take one tablespoonful every four hours in water.

LIVER MEDICINE.

For torpid liver use the following:

Rx. No. 87.
Fluid ext. leptandra—ounces 1.
Fluid ext. mandrake—ounces 2.
Fluid ext. serpentaria—ounces 2.

Fluid ext. senna—ounces 5.
Dilute alcohol—enough to make ounces 32. M.
Directions: Take one teaspoonful three times a day.

CHRONIC RHEUMATISM.

Make a five gallon saturated solution of epsoms salts and water and take a bath in it. You will find that this treatment will cure when other remedies have failed.

A good prescription for rheumatism is as follows:

Rx. No. 88.
Sodium salicylate—ounces 2.
Potassium iodide—ounces 2.
Potassium acetate—ounces 2.
Fluid ext. cascara segrada—ounces 4.
Gylcerine—ounces 4.
Peppermint water — enough to make ounces 24. M.
Directions: Take one teaspoonful every three hours.

CHAPTER X.

DISEASES PECULIAR TO MEN.

GONORRHEA.

Historical. This disease has immemorial antiquity, being described in Chinese systems of medicine over four thousand years old; also in Hindoo, Arabic, Greek and Latin literature It is at present of frightfully frequent occurrence, it is the cause of three-fourths of the diseases peculiar to women, and has to its credit, as the cause, three-fourths of all blindness in infancy. The infant's eyes become infected during its birth. It is the cause of the majority of cases of sterility. It is said that all prostitutes are infected with gonorrhea within three months after they enter the business.

Anatomy of the Urethra. The urethra is a musculo-membranous tube extending from the meatus urinarius to the bladder. It is divided into three portions, the penile, membranous and prostatic. The length of the uretha is on an average of eight inches long. It is lined with mucous membrane in which are numerous mouths of glands which latter

lie below the membrane but open into the canal.

Definition. Gonorrhea, or clap, is a contagious, purulent inflammation of the urethra, but it sometimes attacks other mucous surfaces. It is caused by the gonococcus and usually contracted in sexual intercourse. It generally begins in the anterior portion of the urethra, but often extends back to the prostatic.

Course and Symptoms. The first symptom of gonorrhea usually appears from two to seven days after cantagion, and consists in a tickling sensation near the meatus, with redness and swelling of its lips and scanty secretion. The discharge increases rapidly in quantity and quality, becoming purulent within a week. There is generally painful urination, and aching in the penis. When priapism occurs it is quite painful. Its duration is on an average a month, but it more frequently terminates as a gleet or chronic gonorrhea, which if not treated or badly treated lasts for years.

Treatment and Prevention. Chastity is practically an infallible protection, which I urgently advise.

But if the above advice is not taken, immediately upon finishing intercourse, regardless of the fact that you think your particular prostitute is free from infection, wash the

penis well with soap and water and then bathe the parts in alcohol, or if that is not at hand, in good whiskey, allowing a few drops to enter the meatus. Now, here you have a simple, and sure prevention; one that can be carried out, for whiskey, unfortunately, is easily obtained almost anywhere. I have advised this procedure many times to many men and have been told it works like a charm. This method is original with the author as far as he knows. Certain it is that not even a suggestion of its use has ever appeared in any work on venereal diseases that he has read.

The idea suggested itself to me from the fact that I have known men to get cured of acute clap by the injection of port wine. Alcohol is a well known and often used antiseptic. So it occurred to me that if alcohol destroys other pathogenic germs, why should it not also kill the gonococcus? Well, the results of its use proved that it did just what I believed it would do, and I can now recommend it with confidence. Another feature about it is this: The remedy is always at hand. But, if within a week after an illicit intercourse you find that you have been caught, then use the following line of treatment and keep in mind that gonorrhea, instead of being no worse than a bad cold, which opinion is held by the laity, is consid-

ered by the medical profession to be the most dread of all infectious diseases in its far reaching effects. As above mentioned, it brings blindness to thousands of infants. Were it not for gonorrhea, surgical gynecology would not now be a specialty, in which case millions of women would not be carrying an abdominal scar, which as it is they are carrying; thousands of men would not be invalids from gonorrheal rheumatism; sterility would be practically banished. Impotency in the male with all its psychological effects on man's mind would be a non-existent phenomenon. In view of the fact that there are many young men who harbor the idea that one is not a man until he has had clap, it behooves us to ponder the above results of gonorrhea and impress the young man with the horrors of gonorrhea.

As soon as you notice the symptoms enumerated above, treatment should be begun by having the following prescription filled and used as directed:

Rx. No. 87.
F. ex. of pichi.
F. ex. stigmata maidis—of each ozs. 2. M.
Teaspoonful in water every two hours.

The above prescription is given to keep the urine bland and to increase its quantity. No injections are to be used during the in-

creasing stage of the disease. For painful erections Prof. Lydstom advises the following:

Rx. No. 90. F. ex. ergotae—oz. ½.
Tr. gelsemii—oz. ¼.
Pot. brom.—dr. t. ½.
Tr. hyosc.—oz. ½.
Syr. auran—enough to make ozs. 2. M.
Teaspoonful at bed time.

Use the treatment above outlined for the first two or four days, then use the following:

Rx. No. 91.
Oil sandalwood—oz. 1.
Directions: Take 15 drops on sugar three times a day.

Rx. No. 92.
Alum—2 grs.
Zinc. Sulph.—2 grs.
Water—1 oz.
Injection.

In the very few cases which resist the above line of treatment washing out the bladder and urethra daily with a permanganate of pot. sol. will prove effective. Place two grains of permanganate of potash in a quart of warm water in a fountain syringe and use as an injection, all of the solution to return as fast as it is injected.

GLEET—THAT MORNING DROP.

Gleet is the result of an uncured chronic gonorrhea, then occurs the following condition:

On rising in the morning, straining at stool, or dallying with a woman, there is noticed by the patient that a discharge takes place from the penis, it may be only a few drops, or may be quite as much as a teaspoonful. It is due to a localized inflammatory spot generally in the prostatic urethra. I have known men to suffer with "morning drop," as it is called, for years. The treatment is both simple and effective as follows:

Rx. No. 93.
2 per cent sol. nit. silver—oz. 1.
Directions: Apply two or three drops through a rubber catheter once every day to the deep urethra.

SYPHILIS.

Definition. Syphilis is a chronic infectious and contagious disease, also hereditary, affecting the entire human economy. It is communicated to the healthy only by contact with the fluids of the diseased. It is characterized by an incubation period of from three to four weeks resulting in an initial sore (chancre) which is always indurated at its base, ten days after which the lymphatics be-

come invloved, one month later a red macular eruption appears, which is soon followed by involvement of the mucous surfaces. Syphilis is caused by the sperochita palladium.

For convenience of description syphilis is divided into primary, secondary and tertiary.

Primary syphilis is that stage of the disease in which occur the primary sore; the secondary stage includes the lesions involving the mucous membranes and skin; the tertiary stage is that stage in which are involved the internal organs and bones.

One attack usually gives immunity. The duration of the disease is from one to eight years. For your protection is given below the usual modes of infection. First and foremost the disease is contracted through coitus. Second, the disease is conveyed by kissing, sucking, examining diseased persons. Third, it may be contracted through the use of such articles as drinking cups, knives, forks, surgical and dental instruments. From the above you will see the importance of always using your own individual drinking cup, towels, soap and all other toilet articles that have been used by diseased persons.

The treatment of syphilis is directed first to the local sore and then to the destruction

of the poison within the system. This is one of the few diseases for which we possess a specific. In mercury we have as potent a remedy for sypilis as is quinine for malaria.

The chancre should be kept clean and well dusted with iodoform. It usually heals after a few weeks. The administration of mercury should be begun just as soon as the diagnosis has been made, and kept up for not less than two years. The following formula alternating with vegetable alteratives should be kept up for a period of two years.

Rx. No. 94.
Bichloride of mercury—3 grains.
Iodide potash—1 ounce.
Syrup of sarsaparilla—8 ounces. M.
Directions: Teaspoonful after meals. Or,

Rx. No. 95.
Fl. ext. stillingia.
Fl. ext. sarsaparilla—of each ozs. 4.
Fl. ext. poke root.
Fl. ext. lappa.
Fl. ext. xanthoxylum—of each oz. ½. M.
Directions: Teaspoonful three times a day.

Rx. No. 96.
Syrup of sarsaparilla compound—3 oz.
Bichloride of mercury—1 grain. M.
One teaspoonful three times a day.

VARICOCELE.

Varicocele is a varicose condition of the veins accompanying the cord within the scrotum.

It is more frequent in young adults and is usually caused by masturbation, unsatisfied sexual desires and excesses.

The symptoms of variococele are as follows: The patient notices a wormlike mass within the scrotum which produces a dragging dull pain. The testicle has a tendency to diminish in size. The sexual desire is diminished. The treatment consists in support of the testicle by means of a suspensory bandage, the application of the following and bathing of the scrotum in ice cold water daily.

Rx. No. 97.
Liquid guiacol—dr. 1.
Tinct. aconite—oz. 1. M.
Apply to scrotum with a feather once a day.

SPERMATORRHEA.

This is a weakened condition of the mouths of the ejaculatory ducts and sensitiveness of the lining of the urethra which causes a discharge of mucus, and, sometime, spermatorzoids, on defecation, or on rising in the morning.

Prostatorrhea is the same condition due to sensitiveness of the prostatic urethra and gives the same symptom, except the discharge does not contain spermatazoa.

The causes are: masturbation, withdrawal during coitus, ungratified sexual passion. The symptoms are, beside the above, discharges, a neurasthenic condition, the patient worrying about his condition, sexual impotence and lack of ambition.

The treatment is the same as for gleet, the use of the silver solution, introduction of a steel sound and exercise, or

Rx. No. 98.
Tr. nux. vom.
Tr. cantharides—of each dr. 1.
Fl. ext. ergot—oz. 1.
Tr. iron chloride—dr. 3.
Dil. phos. acid—dr. 3.
Mix. Dose, 30 drops after meals.

ORCHITIS.

Orchitis is an inflammation of the testicle due to an infection with the gonococcus. Its symptoms are pain and swelling of the organ and is often accompanied with fever.

The following treatment has always produced results in my hands:

Rx. No. 99.
Tr. aconite.
Guiacol—½ ounce of each.
Sig: Apply locally to the testicle.

This application causes some smarting but the results are so uniformly excellent that it is confidently recommended.

IMPOTENCE.

Impotence is an inability to copulate or perform the sexual act, due to, generally, lack of or absence of an erection.

The causes are masturbation or excessive sexual indulgence. It also occurs in old drunkards and chronic gonorrherics. The symptoms are cold hands and feet, inability to look one square in the eyes, neurasthenia, frequent nocturnal emission, insomnia, poor appetite, headache, fatigue on exertion or exercise, melancholia and vertigo.

Treatment. In a case of impotence, the patient, first of all, must be encouraged and assured that he can be cured.

The following line of treatment has given the author uniform results:

Rx. No. 100.
Sodium brom.—4 drams.
Atropine, sulph.—½ grains.
Water—4 ounces.
Dose: Teaspoonful in water at bedtime.
And

Rx. No. 101.
Tr. nux. vom.
Tr. cantharides—of each, dr. 1.
Fl. ext. ergot—oz. 1.
Tr. Iron chloride—dr. 3.
Dil. phos. acid—Dr. 3.
Mix. Dose, 30 drops after meals.

Besides the above it is often necessary to introduce a steel sound into the urethra every two days. The sound should be as large as will go in. If the above treatment is faithfully carried out, the patient will find that after several months that he will be able to have and hold an erection as he did when healthy.

CHAPTER XI.

VETERINARY MEDICINE AND USEFUL FORMULAS.

For colic in horses any one of the following may be used:

Rx. No. 102.
Chloral hydrate—ozs. 1.
Water—pint 1. M.
Directions: Give as one dose.
Or,

Rx. No. 103.
Sulph. morphine—grains 2.
Sulph. atropine—grains ¼. M.
Directions: Give as one dose.
Or,

Rx. No. 104.
Raw linseed oil—one pint as a dose.

CONDITION POWDERS.

The following makes a good condition powder:

Rx. No. 105.
Black antimony—ozs. 1.
Resin—ozs. 1.
Capsicum—ozs. 1.
Sulphur—ozs. 2.
Saltpeter—ozs. 2.
Cream of tartar—ozs. 2.
Ginger—ozs. 2.
Mix well and give a tablespoonful once a day.

YELLOW WATER OR KIDNEY MEDICINE.

Rx. No. 106.
Sweet spirits of niter—ozs. 1.
Nitrate of potash—ozs. 1.
Fluid ext. buchu—ozs. 2.
Water—ozs. 8. M.
Directions: Give one tablespoonful three times a day.

FOUNDERS.

The U. S. government agricultural department advises for founders 4 ozs. of nitrate of potash in a pint of water every six hours and to keep the horse's feet in ice.

But the treatment that I always use with unvarying good results is as follows:

Rx. No. 107.
Sodium salycilate—drams 1, every four hours.

Give the horse one teaspoonful of Fowler's solution in his drinking water daily.

SCREW WORMS:

Inject a dram of chloroform in the cavity or sore and the worms will come away dead.

BLIND STAGGERS.

Rx. No. 108.
Fluid ext. ginger—ozs. 6.
Sodium hyposulph.—ozs. 2.
Tinct. gelsem.—ozs. 2.
Water—ozs. 4. M.
Dose, a cup full.

CHICKEN CHOLERA.

Make up a saturated solution of alum in water and give in the place of plain water.

ANT EXTERMINATOR.

Rx. No. 109.
Take one oz. of Fowler's solution of arsenic and add a pint of molasses. Set above out in saucers.

BRASS POLISH.

Rx. No. 110.
To one ounce of sulphuric acid add one pint of cottonseed oil. Use as a polisher.

CARPET CLEANER.

Rx. No. 111.
Powdered Fuller's earth—lbs. 4.
Common salt—lbs. 3.
Turpentine—pint ½. M.
Directions: Sprinkle over the carpet and then use scrub brush.

CEMENT.

The following will be found a good cement for almost every purpose:

Rx. No. 112.
Fish glue—ozs. 1.
Gum ammoniac—drams ½.
Gum mastic—drams ½.
Alcohol—drams 1½. M.

LEATHER CEMENT.

Rx. No. 113.
Carbon disulphide—drams 10.
Turpentine—drams 1.
Gutta percha—enough to make a thin glue.

TO REMOVE GREASE FROM CLOTHING.

Rx. No. 114.
Chloroform—ozs. 4.
Ether—ozs. 1.
Gasoline—quart 1. M.
To rid stable of flies spray with gasoline.

FURNITURE POLISH.

Rx. No. 115.
Linseed oil—pint 1.
Alcohol—ozs. 4.
Acetic acid—ozs. 4.
Turpentine—ozs. 4.
Solution antimony chloride—ozs. 2. M.
Shake before using.

HARNESS DRESSING.

Rx. No. 116.
Yellow wax—ozs. 6.
Lamp black—ozs. ¼.
Turpentine—quart 1. M.

WRITING INK.

Rx. No. 117.
Sol. logwood ext.—ozs. 20.
Potassium bichromate—grs. 90.
Chrome alum—ozs. 5.
oxalic acid—ozs. 1.
Carbolic acid—drs. 1.
Distilled water—enough.

Mix the ext. sol. with 50 ozs. water, heat on a water bath to 90 degrees Centigrade. Add the potassium bichromate, chrone alum, and oxalic acid previously dissolved in 15 ozs. of water. Continue the temperature of 90 degrees Centrigrade for one-half hour, then add enough water to make the mixture weigh 100 ozs., add the carbolic acid; set aside for

three days and decant the clear liquid. This is a good and cheap black ink.

INK ERASER.

Rx. No. 118.

Tale of chlorinated lime—ozs. 4 and add 32 ozs. water. Shake well and set aside for a day or so, then strain. Then add 2 ozs. acetic acid to every pint of lime water. Use by applying with the reverse end of your pen holder.

GLUE.

Rx. No. 119
Dextrine yellow—ozs. 2.
Oil cloves—drs. ½.
Glycerine—drs. 1.
Water—ozs. 4. M.

TO CLEAN PANAMA HATS.

Two solutions are needed.
Rx. No. 120.
(Rx. No. 1.)
Hyposulphite of soda—ozs. ½.
Glycerine—drs. 2.
Alcohol—drs. 1.
Water—ozs. 4. M.
(Rx. No. 2.)
Citric acid—drs. 1.
Alcohol—ozs. 1.
Water—ozs. 8. M.
Apply No. 1. After 12 hours apply No. 2.

CHAPTER XII.

SOME INSIDE FACTS REGARDING THE MEDICAL PROFESSION.

A few years ago at a meeting of the Avoyelles Medical Society I put a motion before the house asking that we go on record as favoring at the next meeting of the Louisiana State Medical Society, a law to compel all physicians to go before the Medical Examining Board and be examined on all late discoveries and advances made in medicine. And such examinations to be required of each physician every five years. Such a law would force every physician to keep up with his profession; would be in the interest of the public; would make for the good of both physician and patient. As the army and navy surgeons are required to undergo such an examination, it appears to me that the ordinary citizen should have the same protection as is given the soldier.

But my motion was ruled as out of order. Now, I want to say right here that our local society is composed of physicians who are above the average in intelligence. You

might think that you, the public, could demand and have passed such a law as above referred to, but I want to tell you that you would hardly succeed. There are many physicians who believe that the medical profession from the standpoint of politics and economics is the greatest trust in existence today. Their organization is practically perfect. The unit is the county society, which must affiliate with the state society, and the state in turn with the American Medical Association. Each state society has its commmittee on legislation and employs its attorneys. When legislation is desired, pressure is brought to bear on the members of the legislature by the physicians as individuals, and also collectively through the medical societies. Of course many laws advocated by the medical societies are beneficial to the public, but on the other hand let some legislator attempt to have passed a law permitting other schools of practice to have legal recognition and see how quick such a proposition would be squelched. It is estimated that there are thirty millions of people in the United States who do not employ allophatic physicians. Yet by the laws of most states you are compelled to employ them or do without.

Through a campaign of education which is carried on by the medical profession,

through their national association, the public has been brought to the point where they believe that any medical preparation, it matters not how meritorious it may be, loses all its virtues as soon as it is advertised. The point is this, if the medical preparation which has been brought to the attention of the public by advertising, is purchased by the public, the physician has lost a possible fee, and that is the reason why physicians call such remedies nostrums. Yet, strange to say, the physician is as gullible as the public, for it is a fact that pharmaceutical houses, by advertising their products in medical journals only, and as sold to the medical profession on their written prescription at a drug store, they use the physician as an unpaid agent to sell their goods to the public. Then, as soon as the physician has thoroughly introduced the preparation to the public the manufacturers take their product out of the list of "ethical preparations" by advertising it to the public direct.

Now, to sum up, when taking medicine, be it a proprietary preparation or prepared by a physician's prescription, insist on knowing its ingredients and study the effects of the drugs in a materia medica and give your own judgment a little exercise. Do not dismiss a remedy as unworthy of your consideration simply because it is advertised.

Do not select as your family physician a man who does not keep up with his profession or does not continue to study. More advances have been made in the treatment of diseases in the past ten years than in all the past put together.

Insist that the proceedings of your local medical society be published in the local press and talk to your physician about the efforts being made in the prevention of diseases and also what is being done in the way of sanitation. Such interest on your part will make better physicians of your men and a better citizen of you.

EMERGENCY MEASURES AND ANTIDOTES FOR POISONS.

General Directions. In case of poison being swallowed empty the stomach at once by any one of the following methods: A tablespoonful of mustard in a pint of warm water; a tablespoonful of salt dissolved in water; a tablespoonful of the syrup of ipecac.

For all corrosive poisons give the whites of several eggs.

In case of collapse give a cup of strong black coffee and apply warmth to the extremities.

In all alkaloidal poisons, like strychnine, atropine, morphine, etc., give tannic acid or red oak bark tea, as this precipitates most

all of the alkaloids and prevents their absorption.

EMERGENY MEASURES.

In case of hemorrhage, apply pressure to the part.

In cuts or bruises paint the part with tincture of iodine, to prevent infection.

In burns, castor oil applied locally prevents pain by excluding the air.

In fractures of any kind, use traction on the limb, and apply a sand bag on each side of the member and keep the patient in the recumbent position.

In fainting, apply cold to the head and warmth to the extremities.

THE END.

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